



HEYDAR ALIYEV

THE NATIONAL LEADER OF THE AZERBAIJANI NATION

Levinø

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English

Student Book

as a second foreign language for the 10th grades
of general secondary schools

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Bittersweet Memories

1

Look, listen and say. Pay attention to the use of the words.



TRACK 1



01

memory

something that you remember from the past

The sisters looked at the old pictures in the album and shared happy *memories* from their childhood.



02

ruin

something that is broken or has fallen apart

The *ruins* of the building show that it was once very big and strong.



03

to approach

to come near to somebody/ something in distance or time

A group of children *approached* the ice cream truck with excitement.



04

to whisper

to speak very quietly to somebody so that other people cannot hear what you are saying

Kate is *whispering* a secret to her friend because she doesn't want anyone else to hear.



05

to welcome

to meet and speak to someone in a friendly way when they arrive

The man *welcomed* his guests with a big smile when they arrived at the office.



06

to take a deep breath

to breathe in deeply, usually to feel calm or get ready for something

The man *took a deep breath* because it helped him feel calm and confident.



07

to restore

to repair a building, work of art, piece of furniture, etc. so that it looks as good as it did originally

They are working hard to *restore* the old building because they want it to look beautiful again.



08

prominent

important or well-known

Uzeyir Hajibeyli was a *prominent* Azerbaijani musician, composer and scientist.

2 Complete the sentences with the words/phrases from Task 1. You may need to change word forms.

1. The Maiden Tower is a ★★★ symbol of Baku.
2. The students ★★★ because they didn't want their teacher to hear them.
3. Before the speech, she ★★★ to calm herself down.
4. They worked hard to ★★★ the old painting, and now it looks new again.
5. She has a good ★★★ of the time they spent at the beach.
6. The old house became a ★★★ after the fire destroyed it.
7. The hotel staff are always happy to ★★★ new guests.
8. As we started to ★★★ the mountain, the view became more beautiful.

3 Match the speakers to the statements. One statement is extra.



TRACK 2

Speaker 1

A. This person is welcoming the guests.

Speaker 2

B. This person is talking about the ruins of the family house.

Speaker 3

C. This person is whispering the news to a friend.

Speaker 4

D. This person is speaking about a prominent person.

E. This person is restoring an old building.

4 Discuss the questions.

What is your happiest memory from childhood?

When you see a dog on the street, do you feel safe to approach it? Why or why not?

How do you welcome guests when they visit your home?

Can you name a prominent person from your country? Why is he/she important?

Do you whisper when you talk to friends, or do you speak loudly? Why?

When you are nervous, do you take a deep breath? Does it help you feel better?

Why do you think it's important to remember places like the ruins of Aghdam?

*Do you think it's important to restore old buildings and monuments?
What can we learn from them?*

1 Look at the photo and discuss the questions.



- What do you see in the photo?
- How do you think the man feels? Why?
- What do you think happened to the house?
- Do you think the man has memories of living in this house? What kind of memories are they?

2 Read the text and answer the question.

Why is Samir's return to Shusha an emotional and meaningful journey?

3 Five parts of the sentences have been removed from the text. Choose from (A-F) the one which fits each gap. There is one extra part of a sentence which you do not need to use.

- A. and took their pictures
- B. with happy faces everywhere
- C. and holding his hand tightly
- D. with bullet marks all over them
- E. and tried to imagine the house as it was before
- F. with empty streets and destroyed houses

After thirty years, Samir finally returned to his motherland, Shusha. When his family left Shusha, "the pearl of the Caucasus", he was ten years old. Now with his **grey** hair, **kind** eyes, and a heart full of memories, he felt both **excited** and **nervous**. His wife, Leyla, was sitting beside him 1) ★★★.

The journey was **long**, but Samir couldn't stop thinking about his parents' stories of their **beautiful** homeland. His mother used to describe the **colourful** flowers and amazing sounds of birds. His father always talked about the **busy** music festivals and **friendly** neighbours. Samir remembered it all **well**.

As the car approached the city, Samir saw ruins of **old** villages. They whispered stories of a **difficult** past. Samir looked out of the window and felt a lump in his throat. He remembered his father's stories of the busy village markets. Now, the village looked like a place from a **sad** movie, 2) ★★★.

Samir got out of the car and took a **deep** breath. The air was **fresh** and the **tall** mountains stood **proudly** around the city. He saw the **incredibly** beautiful Natavan Spring, where water flowed **softly** over stones, and the City Gates, which welcomed him back. Nearby, workers were working **hard** to restore the mosque. He saw the statues of the **prominent** Azerbaijani artists 3) ★★★. Samir's heart ached.

As he walked through the streets, he saw some children who seemed **careless**. They were laughing and running around happily. Their voices brought life to the **quiet** city. "These children were born far away," Samir told Leyla with a smile. "But now, they will grow up here in Shusha, in their home." He took out his phone 4) ★★★. The children's laughter gave him hope. He knew they were the future of this city.

Later, Samir and Leyla visited his grandparents' house. Samir's father used to talk about the house for years, describing its white walls, red roof, and the apricot tree in the garden. But when they arrived, they found only ruins, covered in grass and wildflowers. He could **hardly** believe it was the same place. Samir touched the stones 5) ★★★. "We will rebuild everything," Leyla said softly.

4 Look at the underlined phrase in the text and choose its definition.

When a person feels a lump in the throat, he or she feels

- a) a strong feeling of emotion.
- b) nervous or frightened.
- c) hungry or thirsty.

5 Look at the boldfaced words in the text and complete the table with adjectives and adverbs.

Adjectives:

Words that describe nouns (people, places, things, or ideas).

Example: grey, kind

+++

Adverbs:

Words that describe verbs, adjectives, or other adverbs.

Example: happily

+++

1 Complete the sentences with the correct option.

0. The children are playing (happy/happily) in the garden.
1. He answered the question (quick/quickly).
 2. The soup tastes (delicious/deliciously).
 3. She worked (hard/hardly) on her project.
 4. They felt (excited/excitedly) about the trip.
 5. The weather seems (warm/warmly) today.
 6. She spoke (soft/softly) to the audience.
 7. The dog barked (loud/loudly) at the stranger.
 8. The baby looked (cute/cutely) in the new costume.
 9. He arrived (late/late) for the appointment.
 10. We (hardly/hard) found any seats, so we decided to leave.

2 Fill in the blanks with the correct form of the word in brackets (adjective or adverb).

0. She sang the song beautifully (beautiful).
1. He seems ★★★ (tired) after the long meeting.
 2. They walked ★★★ (slow) to enjoy the scenery.
 3. The test was ★★★ (easy) for most of the students.
 4. The cake smells ★★★ (good).
 5. The dog feels ★★★ (happy) when it sees its owner.
 6. The food tastes ★★★ (spicy) because of the chilli.
 7. The room looks ★★★ (bright) with the new paint.
 8. The flowers smell ★★★ (sweet).

3 Convert the adjectives in the following sentences into adverbs and rewrite the sentences.

0. He is a careful driver. He drives carefully.
1. She is a quick learner.
 2. The student is a hard worker.
 3. The child is a quiet sleeper.
 4. He gave a polite response.
 5. They made a sudden decision.
 6. She has a beautiful voice.
 7. The actor gave an energetic performance.
 8. The painter is an amazing artist.

4 Make up sentences using the adverbs.



0. happily

0. The children were playing happily
in the park when it started to rain.



1. attentively



2. loudly



3. proudly



4. politely



5. beautifully

5 Listen and complete the sentences with an adverb.



TRACK 3

- Speaker 1 remembers eating the cookies ★★★.
- Speaker 2 played football after school ★★★.
- Speaker 3 read books ★★★.
- Speaker 4 got into the water ★★★ for the first time.
- Speaker 5 learned how to ride a bike ★★★.
- Speaker 6 presented the models to his friends ★★★.

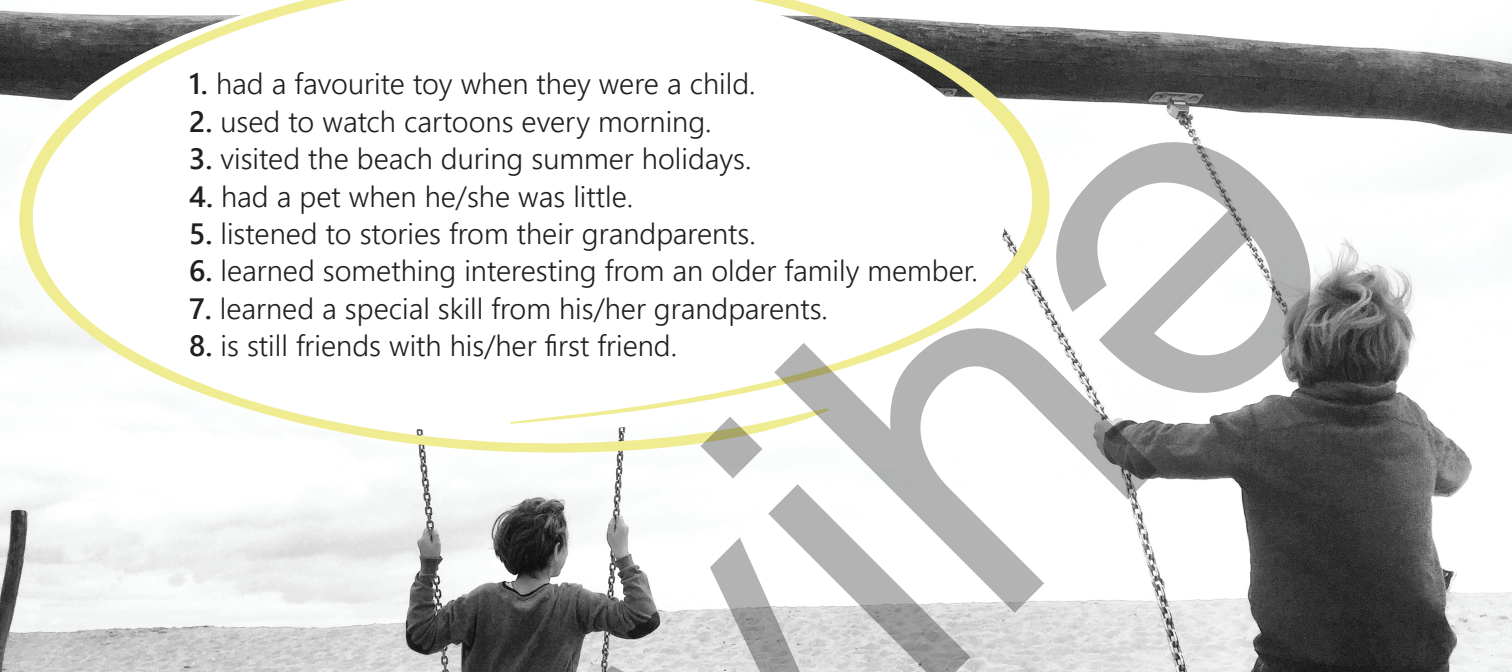
6 Complete the sentences with your own words.

1. When I wake up in the morning, I usually feel ★★★ because ★★★.
2. I walked into class ★★★ today because ★★★.
3. My favourite hobby is ★★★ because it makes me feel ★★★.
4. I spoke ★★★ during my last presentation because ★★★.
5. I laughed ★★★ yesterday when ★★★.
6. The last time I was nervous was when ★★★. I felt ★★★ because ★★★.
7. When I try something new, I usually do it ★★★ because ★★★.
8. The last time I felt really ★★★ was when ★★★.

Bittersweet Memories

1 Walk around and talk to your classmates. Find someone who ...

1. had a favourite toy when they were a child.
2. used to watch cartoons every morning.
3. visited the beach during summer holidays.
4. had a pet when he/she was little.
5. listened to stories from their grandparents.
6. learned something interesting from an older family member.
7. learned a special skill from his/her grandparents.
8. is still friends with his/her first friend.



2 Read the sentences. First, guess the meaning of the words. Then match the words (1-6) to their definitions (a-f).

- | | | |
|----------|---|---|
| 1 | The little girl began to scream when she saw the spider. | a) giving a lot of attention to what you are doing so that you do not have an accident |
| 2 | The magician made the rabbit disappear from the hat. | b) to take somebody/something with your hand suddenly |
| 3 | I tried to comfort my friend when she was feeling sad. | c) to make someone feel better when they are sad or worried |
| 4 | He grabbed his bag quickly and got off the bus. | d) wanting to know or learn about something |
| 5 | Be careful when you cross the street! | e) to become impossible to see |
| 6 | The curious child wanted to explore the new room. | f) to make a loud, high noise with your voice because you are afraid, hurt, or excited |

3 Listen to three people and answer the question. Choose a, b, c or d.



TRACK 4

What are they mainly talking about?

- a) the memories of their school friends
- b) the memories they want to make
- c) the memories they made abroad
- d) their early childhood memories

4 Listen again and decide if the sentences are True or False.



TRACK 4

Speaker 1

- 1. He had an accident while playing outdoors.
- 2. His grandmother was a physically strong woman.
- 3. His grandmother is still alive.



Speaker 2

- 4. Her family used to take her to the amusement park.
- 5. It was hot inside the car.
- 6. They were able to catch the ball.



Speaker 3

- 7. It was a sunny summer day.
- 8. She burned her whole hand.
- 9. She probably enjoys drinking hot tea.



5 Choose one of the options and talk about your childhood memories.

Childhood Memories

Playtime

Travel experiences

Learning moments

Friends and fun

What games or activities did you enjoy? Where did you play?

Did you go on any memorable trips? Where did you go?

What is something important you learned as a child?

Who were your best friends, and what did you do together?

Bittersweet Memories

1

Discuss the options below with your partner and decide which present would create the best memory for a friend. Explain your choice.



A handmade gift



An unforgettable experience (e.g. a trip, a concert)



A surprise party with close friends



An album with shared memories

Giving Opinions

I think this present is a good idea because...

I believe this would be the most memorable.

For me, the best choice is...

Agreeing

I agree with you.

That's true.

Yes, you're right

Disagreeing Politely

I see your point, but...

Maybe, but I think...

I don't really agree because...

Making Suggestions

What about this one?

We could choose

Let's think about what they like.

How about giving ...?

Reaching a Decision

So, shall we choose this one?

We both agree that this is the best.

2 Look at the pictures and make up a story.



Useful Vocabulary

get one's first bike, feel proud of oneself, fall off and get up again, look back on childhood, experience a sense of nostalgia

TEST

I. Choose the incorrect sentences.

- 1**
 - a) She danced beautifully at the competition.
 - b) He ran quickly to catch the bus.
 - c) The soup tastes deliciously.
 - d) The baby sleeps soundly.

- 2**
 - a) She speaks English fluently.
 - b) The sky looks beautifully tonight.
 - c) He writes neatly in his notebook.
 - d) The dog barked loudly when it saw me.

- 3**
 - a) They worked hard to finish the project on time.
 - b) She politely asked the waiter for a glass of water.
 - c) The little boy played in the park with his friends happily.
 - d) He felt nervously when he had to speak in front of the class.

- 4**
 - a) The music sounded beautiful and relaxing.
 - b) He showed his parents his school project proud.
 - c) She carefully carried the hot soup to the table.
 - d) He speaks clearly so everyone understands.

- 5**
 - a) The baby cried loudly when he was hungry.
 - b) They laughed happily when they played together in the park.
 - c) Mountain climbing can be a very dangerously activity.
 - d) The old house appeared empty and dark at night.

- 6**
 - a) We are not working too hard these days.
 - b) They have been happily married for many years.
 - c) The teacher seemed kind and friendly.
 - d) He looked at Tom angry and left the room.

II. Complete the sentences with the right words.

7	1. approach 2. welcome 3. whisper	a. He had to ★★★ because the baby was sleeping. b. The little boy was afraid to ★★★ the big dog. c. The hotel staff is always happy to ★★★ new guests.
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A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - a, 3 - b D. 1 - b, 2 - a, 3 - c

8	1. memory 2. ruin 3. breath	a. He lost his ★★★ when he saw the surprise party. b. The building is in ★★★ after the earthquake. c. I have a clear ★★★ of our trip to Uzbekistan last year.
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A. 1 - c, 2 - a, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - a, 3 - c

9	1. careful 2. prominent 3. curious	a. She is a ★★★ student because she always asks interesting questions. b. Be ★★★ when you cross the street, especially when there are no traffic lights. c. She has a ★★★ role in the school play and sings well.
----------	--	---

A. 1 - c, 2 - a, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - a, 3 - c

10 III. Fill in the gaps with the words from the box. Two words are extra.

welcomed	restore	loudly	memories	ruins
comforted	whisper	carefully	prominent	grabbed

Sophie walked through the old street. Many houses were in 1) ★★★, but her childhood home was still there. She touched the door 2) ★★★.

An old neighbour saw her and 3) ★★★ her. "Do you remember this place?" he asked. Sophie smiled and said, "Of course!"

Inside, she 4) ★★★ a small box from the table. It was full of old photos. She looked at them one by one and remembered the happy moments from her childhood. "This house has your 5) ★★★, Sophie. It will feel like home again." The neighbour's kind words 6) ★★★ her.

"I want to 7) ★★★ this house," she said. She looked outside and saw the 8) ★★★ lake of her childhood. This place was special, and she was very happy to be back.

Inspiring Women

1

Look, listen and say. Pay attention to the use of the words.



TRACK 5



01

challenging

difficult, in a way that tests your ability or determination

It is *challenging* to stay strong when you have so many problems.



02

courageous

not afraid to do difficult or dangerous things

The *courageous* firefighter saved the dog from the fire.



03

persistent

continuing to do something even when it's hard

The football team was *persistent* during the match. They kept trying to score, even when they were losing.

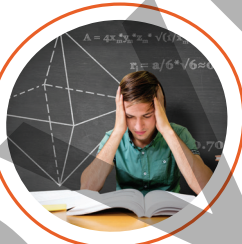


04

to inspire

to make someone want to do something or feel excited

His kindness *inspired* others to help people in need.



05

to give up

to stop trying to do something because it is too difficult

The math problem was hard, but he didn't *give up* and finally found the answer.



06

to declare

to announce something clearly and officially

The teacher *declared* that the test would be on Friday, so the students started studying right away.



07

to remain

to continue to be in the same place or condition

The movie was scary, but she *remained* calm and didn't scream.



08

to overcome obstacles

to solve problems

She *overcame obstacles* like learning a new language when she moved to a different country.

2 Complete the sentences with the words/phrases from Task 1.

1. She was ★★★ when she decided to travel alone to a foreign country.
2. It's important to be ★★★ if you want to finish a big project.
3. They didn't ★★★, even when the task was hard.
4. His story will ★★★ many people to try new things.
5. I have to ★★★ that I failed the exam, but I will study harder next time.
6. It was a ★★★ situation, but he managed to finish the race.
7. I'm going to ★★★ at home today because I'm not feeling well.
8. We all face problems, but we must ★★★ if we want to be successful.

3 Listen to four people and choose the correct option.

Speaker 1: This person **was/wasn't** persistent.

Speaker 2: This person **gave up/didn't give up**.

Speaker 3: This person faced a **wrong/challenging** situation.

Speaker 4: This person was **persistent/courageous**.



4 Discuss the questions with a partner.

Can you think of a time when you did something courageous? What happened?

When was the last time you were persistent about something?

Have you ever given up on doing something?

Who is someone who inspires you? Why do they inspire you?

If you can declare one thing to the world, what will it be and why?

*What is the most challenging thing you have ever done?
How did you feel after completing it?*

When you face problems, do you remain calm or do you panic?

What is one big obstacle you had to overcome in your life? How did you do it?

Inspiring Women

1 Look at the photos of two female pilots and discuss the questions with your partner.

- Why do you think they decided to become pilots?
- What kind of obstacles do you think they had to overcome?



Leyla Mammadbayova



Amelia Earhart

2 Read the text and answer the questions that follow.

Amelia Earhart (1897–1937) was an American pilot. She disappeared in July 1937 while she was trying to fly around the world. She was the 16th woman to get a pilot's license and made many famous flights. She was the first woman to fly across the Atlantic in 1928. In 1939, officials declared that she was dead.

In 1937, Earhart tried to be the first to fly around the globe at the equator. She planned to fly from California to Hawaii, then to Australia, India, Africa, and Florida before returning to California.

After leaving California in March, the crew had trouble with the plane and landed in Hawaii for repairs. By June, Earhart and Noonan took off from Miami. They flew across Central and South America and landed in New Guinea on June 29, completing about 35,000 km. Only 11,000 km remained over the Pacific Ocean.

Before leaving for Howland Island, Earhart became ill but did not want to give up.

On July 2, 1937, Earhart and Noonan left New Guinea, but **something** went wrong. Their radio equipment was damaged, and the maps they used were incorrect. They couldn't communicate well with Itasca and couldn't find the island. They searched, but there was **nowhere** to land. They were persistent and tried **everything** to overcome obstacles and make contact, but **nothing** worked. At 7:42 a.m., they ran out of fuel. Their last message came at 8:43 a.m., after which they disappeared. **Somewhere** out there, the plane may still be, but **nobody** has ever found it.

Leyla Mammadbayova (1909 -1989) was the first female pilot in Azerbaijan, the Caucasus, Southern Europe, and the Middle East. She was a courageous woman who became a military pilot, even though she was first a housewife and a mother of two children. In the 1930s, a magazine in Moscow put her picture on the cover and called her "the East's first woman pilot." Soon, many people across the Soviet Union knew her name. She showed great courage and made history in Azerbaijan, proving that women could take on challenging roles in aviation.

Leyla worked as a teacher at the Baku Flying Club, where she helped new pilots learn to fly. Her first flight as a student was in 1931. Later, she went to Moscow for more training. She learned about different aeroplanes and met famous pilots. In 1934, she became the second female parachute jumper in the Soviet Union.

Her last flight was in 1949, and she retired in 1961 with an honorary pension. Azerbaijani people will always remember her as a great teacher who trained many pilots. She proved that women could do **anything** if they had passion and practice.

Leyla Mammadbayova's life will inspire many women to follow their dreams and do difficult jobs. She showed that women can be strong and brave. Today, many young people, especially women, look up to her and believe they can succeed in aviation and other fields.

Who

1. planned a long journey but never completed it?
2. taught new pilots learn how to fly?
3. had to land because of problems with the aircraft?
4. showed people that women could do difficult jobs in aviation?
5. made parachute jumps as well as flying planes?
6. could not talk to others by radio and got lost?
7. travelled to different countries for flight training?
8. had to overcome personal challenges before becoming a pilot?

3 Look at the boldfaced words in the text and choose the correct option to complete the rules.

- | | | |
|----------|--|--|
| 1 | Somewhere out there, the plane may still be. | a) Used for an unknown/known place |
| 2 | Nobody or (No one) has ever found it. | b) Used for the absence/presence of people |
| 3 | They searched, but there was nowhere to land. | c) Used for the absence of a person/place |
| 4 | She proved that women could do anything if they had passion and practice. | d) Used in positive sentences when we mean there are no/some limits on what is possible or needed |

Inspiring Women

1 Complete the sentences with the correct option.

0. I haven't seen anything like this before.

1. She is looking for **somebody** / **nowhere** to help her with the homework.
2. There is **nothing** / **anything** in the fridge. We need to do the shopping.
3. I haven't got **anything** / **nothing** to do today. It's a free day!
4. **Somebody** / **Anybody** knows the answer to this question.
5. He didn't say **anything** / **nothing** about the meeting.
6. There's **nobody** / **anybody** here who can help you with that.
7. **Nobody** / **Anybody** was at the park when I arrived.
8. She can't find her keys **anywhere** / **nowhere**.
9. Is there **anything** / **nothing** I can do to help you?
10. I've looked **everywhere** / **nowhere** for my glasses, but I can't find them.

2 Complete the sentences with the words in brackets.

1. ★★★ wants to win the competition, but ★★★ wants to practise every day.
(nobody/ everybody)
2. I think there's ★★★ wrong with this plan, but I can't explain it to ★★★.
(anybody/ something)
3. There's ★★★ I can do to change the past, but maybe there's ★★★ I can do to fix the future.
(nothing / something)
4. ★★★ knows Frida Kahlo's famous paintings. But can ★★★ explain the meaning behind them?
(anybody/ everybody)
5. There's ★★★ wrong with my computer, but I can't find ★★★ to fix it.
(something / anybody)

3 Use somebody, anything, nowhere, etc. to complete the sentences.

0. It happened at night. It was dark and I couldn't see anything.

1. Beth and her family live ★★★ near London.
2. Do you know ★★★ at your new school?
3. I am staying here. I am not going ★★★.
4. Have you ever met ★★★ famous?
5. ★★★ is waiting for you outside. She didn't want to come in.
6. There is ★★★ in the box you need to see.
7. I have ★★★ to do this afternoon. I am free to meet with you.
8. We went ★★★ last weekend because of the rain.

4 Choose the words from the boxes to complete the sentences.

something
somebody
somewhere

anything
anyone
anywhere

nothing
nobody
nowhere

1. He wanted to give up, but ★★★ encouraged him to keep trying.
2. The president will declare ★★★ important tomorrow.
3. Unfortunately, there was ★★★ to help me when I needed support.
4. I'd like to watch movies tonight, but today there is ★★★ interesting on TV.
5. We searched everywhere, but the lost cat was ★★★.
6. They plan to go ★★★ special on his birthday.
7. I wanted to read an interesting book, but I didn't find ★★★ in the library.
8. He looked around but didn't see him ★★★.
9. Did ★★★ call me while I was out?

5 Match the speakers to the statements. One statement is extra.



TRACK 7

Speaker 1

A. This person can find nothing interesting for the class assignment.

Speaker 2

B. This person did well in the project because someone helped him/her.

Speaker 3

C. This person will have to do the project by himself/herself because no one asked him/her.

Speaker 4

D. This person didn't do a task because nobody in class told him/her about it.

E. This person doesn't know anybody in the class but hopes to make friends soon.

6 Complete the sentences with your own words.

Something that makes me happy is ...

Someone who inspires me is ...

Something I like to do in my free time is ...

Someone I trust is ...

Nothing is more important than ...

Nothing is impossible if ...

Somewhere I dream of visiting is ...

Inspiring Women

1 Discuss the questions with a partner.

- Can you think of any historical Azerbaijani women who played an important role in the country's development?
- What qualities make these women role models?

2 You are going to listen to a lecture about Mehriban Aliyeva, an inspiring woman in Azerbaijan. As you listen, complete the notes.



TRACK 8

1. Personal Information

- **Full Name:** Mehriban Aliyeva
- **Education:** Studied medicine at Azerbaijan Medical University, continued studies in 1) ★★★

2. Medical Career

- **Field of Study:** Medicine
- **Research Focus:** 2) ★★★
- **Academic Achievements:** Earned a Ph.D. in 3) ★★★

3. Cultural Contributions

- **Organisations Founded:** 4) ★★★ in 1995
- **Role in Promoting Azerbaijani Culture:** Started a 5) ★★★ to introduce Azerbaijani traditions to the world

4. Political Career

- **Major Political Roles:** First Lady of Azerbaijan, First Vice President
- **Year of Appointment as First Vice President:** 6) ★★★

5. Humanitarian & International Work

- **Foundations & Projects Supported:** Heydar Aliyev Foundation (education, healthcare, cultural projects)
- **Goodwill Ambassador for:** UNESCO and ISESCO
- **Notable Awards:** 7) ★★★ International Award, Legion of Honour (France)

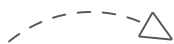
6. Why is she inspiring?

- **Key Traits:** 8) ★★★, leadership, dedication



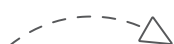
3 A. Roleplay the situation.

Student A



You are a journalist. Ask questions about Mehriban Aliyeva's life.

Student B



You are an expert on Mehriban Aliyeva's life. Answer the journalist's questions.

B. Switch roles.

4 A. Think of a woman who inspires you or others. She can be someone you know (from home or school), a well-known person in the world today, or a historical figure.

Gather information about her:

- Who is she? (Name, background, profession)
- What has she achieved? (Her contributions, role in society)
- Why is she important? (How has she helped society?)

B. Use the following structure to prepare your speech:

- **Introduction** → *Today, I will talk about [Name]. She is a [profession].*
- **Early Life & Career** → *She was born in... She studied/worked in...*
- **Achievements** → *She helped... She started... She improved...*
- **Her impact** → *She is important because...*
- **Conclusion** → *I think she is a great leader because...*

C. Present your speech.



Inspiring Women

1 Discuss the question and options below with your partner and choose the person you both find most inspiring for young people.

- Who is the most inspiring type of person for young people and why?



*Someone who
overcame a big
challenge*



*Someone who
helps others in
need*



*Someone who
follows his/her
dreams*



*Someone who
works hard to save
the environment*

Giving Opinions

In my opinion,
young people can
learn a lot from...
I believe that... sets
a great example.
To me, the most
inspiring person is
someone who...

Asking for Opinions

What do you
think?
Which one do you
think is the best?
Who would you
choose?

Agreeing

I agree with you.
Yes, that's true.
That's a good
point.
I think you're right.

Disagreeing Politely

I see your point,
but I think...
Maybe, but don't
you think that...
I'm not sure I
agree because...

Making Suggestions

Let's choose
someone who...
How about
someone who...?

Reaching a Decision

I think we both
agree on...
That sounds like
the best choice.

2 Look at the pictures and make up a story.



Useful Vocabulary

help her siblings with homework, study late at night, work hard to achieve her goals, follow her dream of becoming a teacher, receive an award for her efforts, inspire others through her story

TEST

I. Choose the incorrect sentences.

- 1** a) Somebody will answer the phone soon.
b) I can't find nowhere to park the car.
c) Somebody is here to see you.
d) Nobody can help you with that task.
- 2** a) Is there anything I can do to help you?
b) I don't have anything on my mind right now.
c) There's nothing I can do to change this.
d) I can't find something to wear for the party.
- 3** a) Nowhere else is better than home.
b) I can't see nothing in this dark room.
c) There is nowhere to go in this town.
d) I can't find anything to buy in this shop.
- 4** a) There is nobody left to ask for help.
b) Nobody can arrive later than 6 PM for the meeting.
c) I haven't heard anything about the event.
d) Nothing knows where he went.
- 5** a) Do you know anybody who can fix the car?
b) I haven't heard from something since yesterday.
c) Is anybody interested in joining us for dinner?
d) We are meeting somebody at the restaurant right now.
- 6** a) Let's go somewhere nice for dinner tonight.
b) I don't want to go anywhere expensive.
c) We can't go nowhere because we have no car.
d) We went everywhere looking for you.

II. Complete the sentences with the right words.

1	<p>1. courageous</p> <p>2. challenging</p> <p>3. persistent</p>	<p>a. Learning a new language is ★★★, but it's also very interesting.</p> <p>b. I'm not very good at drawing, but I'm ★★★. I practise every day to get better.</p> <p>c. My friend was very ★★★. She stood up and gave a speech in front of the whole class.</p>
----------	---	--

A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - a, 3 - b D. 1 - b, 2 - a, 3 - c

2	<p>1. give up</p> <p>2. inspire</p> <p>3. remain</p>	<p>a. Don't ★★★ on your dreams, even if it's hard.</p> <p>b. The weather will ★★★ sunny all day.</p> <p>c. This writer's books ★★★ people to travel and explore the world.</p>
----------	--	--

A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - a, 2 - b, 3 - c

3	<p>1. inspired</p> <p>2. overcame</p> <p>3. declared</p>	<p>a. The government ★★★ a holiday for the national celebration.</p> <p>b. They ★★★ many challenges to finish the project on time.</p> <p>c. The beautiful painting ★★★ her to start learning art.</p>
----------	--	--

A. 1 - c, 2 - a, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - a, 3 - c

III. Fill in the gaps with the words from the box. Two words are extra.

give up	declared	persistent	inspire
declare	challenging	inspired	obstacle

Emma always wanted to be a doctor, but her journey was 1) ★★★. She grew up in a small town where few people became doctors. Many told her it was too difficult, but she remained 2) ★★★.

Studying medicine was hard, and sometimes she wanted to 3) ★★★. However, she overcame every 4) ★★★ with courage. She worked day and night, and she never lost hope.

One day, she finally graduated. She stood in front of her family and 5) ★★★, "I am a doctor!" Her story 6) ★★★ many young girls to follow their dreams. Emma proved that with courage and persistence, anything is possible.



Distractions in our life

1 Look, listen and say. Pay attention to the use of the words.



TRACK 9



01

to be attached to something
to like something very much

My little brother *is so attached to* his phone that he checks it every five minutes, even when he should be studying.



02

reward
a thing that you get in exchange for good behaviour or good work, etc.

Turning off notifications while doing homework was hard, but the *reward* was finishing early and having more free time.



03

tempting
If something is tempting, you want to do or have it.

It's so *tempting* to check my phone every time I get a message, even when I know I need to concentrate.



04

to distract
to take someone's attention away from what that person is doing

Music helps me focus, but sometimes my favorite songs *distract* me because I start singing along.



05

to miss smth out
to fail to use an opportunity to enjoy or get an advantage from something

I spent the whole party texting and *missed out* on actually having fun with my friends.



06

to keep up with smth
to learn about or be aware of the news, current events, etc.

I check social media *to keep up with* my favorite music artists and their new releases.



07

constantly
all the time or often

My friends *constantly* text me during class, and it's so hard not to check my phone.



08

to interrupt
to stop someone from speaking by saying or doing something, or to cause an activity or event to stop for a short period of time

Please, don't *interrupt* me when I am working. It is hard to concentrate on a task after a break.

2 Complete the gaps with the words from Task 1.

0. Loud noises can interrupt me when I am trying to study.
1. Talking to my friends during class ★★★ me from listening to the teacher.
 2. If you spend all your time on your phone, you might ★★★ on real-life moments.
 3. She ★★★ forgets what the teacher just explained because she isn't really listening.
 4. If you spend too much time texting in class, you won't ★★★ what the teacher is saying.
 5. I used to be ★★★ video games, but now I try to spend more time outside.
 6. I set small ★★★ for myself to stay motivated.
 7. Staying up late to play video games is ★★★ , but I know I'll be tired tomorrow.

3 Listen to the talk and decide if the sentences are *True* or *False*.



TRACK 10

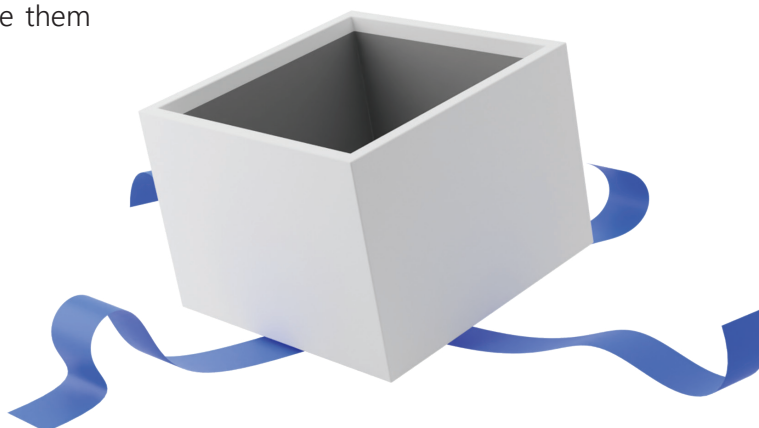
1. The students continuously interrupted the lesson as they were checking their social media accounts.
2. The students preferred real communication to spending time on social media.
3. The teacher planned activities to decrease students' screen time.
4. The students liked the adventure day from the very first moment.
5. The second adventure day was a common day for the teacher.
6. The students should spend less time on the phone during the lesson to get a surprise from the mystery box.

4 Discuss the questions.

1. How often do you use your phone during the day?
2. Is it good to use mobile phones during the lesson? Why or why not?
3. Would you like to have tech-free adventure days? Why or why not?
4. How do you keep up with what is happening in the world?
5. What things distract you from your studies?

5 Follow the instructions.

1. Imagine your teacher asked you to prepare a presentation about the "Mystery Box Challenge."
2. Decide what things might interest your classmates and make them more focused on lessons.



1 Discuss the questions.

- How often do you use your mobile phone during the day?
- What do you use your mobile phone for mostly?

2 Read the texts and choose the correct statements.

1. 82 % of smartphone owners check their device within 15 minutes of waking up every morning.

	Often	Sometimes
Teens	46%	29%
Parents	36%	32%

- A. Parents are less attached to their phones first thing in the morning.
 B. Teens check their phones at least 15 times a day.
 C. Everyone checks their mobile phones early in the morning.
 D. Both teens and parents check their phones every 15 minutes.

2. Reward systems in video games make them very tempting. People keep playing for a long time without getting bored. You get small rewards at a regular interval. For example, you might get a reward every time you finish a level and this makes you want to see what happens next. This can make time fly by very fast and can be very distracting, especially when you need to do other important tasks like homework or housework.

- A. Bored people play games for a long time.
 B. Games offer you rewards all the time.
 C. People play games while doing their homework or housework.
 D. Rewards in games motivates you to keep playing to discover what comes after.

3. Fear of Missing Out, or FoMO, is when teens worry that they are missing out on fun things that others are doing. This worry makes them check social media constantly to keep up with what everyone else is doing. As they check their phones so often, it can take up a lot of time and make it hard to focus on anything else. This can also increase stress and make them feel sad if they think they're not having as much fun as their friends.


- A. FoMO is when you copy fun things that others have done.
 B. FoMO makes it easy to focus on hard things.
 C. FoMO makes you feel sad as you cannot have fun with your friends.
 D. FoMO is the feeling that people are experiencing better things than you are.

3 Read the dialogue and put the sentences in the correct order.

1. Yesterday I read an article in our student newspaper about distractions.
- A. So will I.
- B. As soon as I get up, I check my mobile.
- C. So do I. I know it is not a good thing, But it is a habit.
- D. I also think that sometimes I have FoMO.
- E. Reward systems in games attract my sister a lot. She cannot stop playing games.
- F. I didn't hear about FoMO before reading this article.
- G. So did I. Do you check your mobile, early in the morning?
- H. Neither have I. It is sad, but I think I have FoMO.
- I. Neither can my brother. He is so attached to playing games.
- J. I will stop constantly checking my social media.

4 Time to reflect



- 
- Which of the things mentioned in the text is true for you?
 - Are you happy with this? Why or why not?
 - How can you help someone with FoMO?

5 Follow the instructions.

- A. Look at the underlined sentences in Task 3 and complete the rules.
- B. Find other examples in the task with the same structures.

★★★ + auxiliary + subject means 'in the same way', 'as well' or 'too'.

★★★ + auxiliary + subject means 'also not'

Distractions in our life

1 Complete the sentences with the right auxiliary/modal verbs.

0. A: *My sister has FoMO.*
B: *So does my sister.*
1. A: I don't like using my phone before bed.
B: Neither ★★★ I.
2. A: I am trying to focus on my homework instead of checking my phone.
B: So ★★★ I. It's really difficult, though.
3. A: Sam can't study when his notifications keep appearing on the screen.
B: Neither ★★★ I. It's so distracting!
4. A: My brother always listens to music while doing his homework.
B: So ★★★ my sister. She says it helps her concentrate.
5. A: I forgot to turn off my phone and it distracted me during the test.
B: So ★★★ I. I couldn't focus at all.
6. A: Mia has never played video games.
B: Neither ★★★ Alex. He thinks it is a waste of time.

2 Complete the sentences with **So** or **Neither** and the right auxiliary/modal verbs.

0. A: *I am trying to focus more on my homework instead of my phone.*
B: **So am I.**
1. A: I have started turning off my notifications while studying.
B: Oh, really! ★★★ my best friend.
2. A: I couldn't sleep last night because I was watching reels on my phone.
B: ★★★ I. I stayed up way too late.
3. A: Lisa was upset as she didn't get the reward in the video game.
B: ★★★ Adam. They were playing in the team.
4. A: I laughed so much at the video of a dog trying to skateboard.
B: ★★★ I. It was so funny!
5. A: My classmates didn't bring their phones to class today.
B: ★★★ I. We all could concentrate well on our lessons.

3 Look at the pictures and make up sentences with the key words. Then answer those sentences using **So** or **Neither**.



A: noise/ interrupt/ my sleep.
B: So ★★★.



A: notifications/ have never/ distract.
B: Neither ★★★.



A: missed out on / real fun / dinner table.
B: So ★★★.



A: can't stop/ checking social media.
B: Neither ★★★.

4 Find the mistakes and correct them.

- I haven't also played video games.
- A: My sister constantly checks her social media account to keep up with what is happening.
B: Neither does my brother.
- A: I cannot focus on my lessons at night.
B: Nor cannot I.
- A: I have deleted my social media account during exams.
B: So did I.

5 Listen to the talk and choose the correct option to complete the sentences.



TRACK 11

- Mia was distracted by the ★★★. So was Jake.
a. sound of housework b. sound of piano c. loud noise
- Jake's mom was ★★★.
a. moving furniture b. cleaning the living room c. playing the piano
- Mia ★★★. So did Jake.
a. did her homework b. made a snack c. had a nap
- Both Mia and Jake decided to do their homework ★★★.
a. before dinner b. before taking nap c. after eating

6 Follow the instructions.

- Write 3 affirmative and 3 negative sentences about the things that distract you.
- Work with a partner. Take turns to read your sentences to each other and then respond using *So* and *Neither*.

Distractions in our life

1 Answer the questions. Then listen to the first part of the audio and check your answers.

- Why is it difficult for our brain when it is distracted?
- How can distractions affect the process of working?

2 Listen to the talk and complete the sentences.



TRACK 12

multitask – to do more than one thing at a time
deadline – a time or date by which something must be done.
urgent – very important
delegate – to give a particular job to someone else

Strategies to avoid distractions



Find a quiet place

Limit Phone and Social Media

Make a "To-Do List"

Stay motivated

Use 1) ★★★ if it is very noisy around.
 2) ★★★ if you like some background noise.

3) ★★★ on your phone and computer.
 4) ★★★ to check your messages.

Write down your 5) ★★★ .
 Use "Pomodoro Technique" – work for 6) ★★★ and take a 5-minute break.
 Try 7) ★★★ at a time instead of multitasking.

When you complete a task 8) ★★★ yourself.
 Set deadlines to avoid 9) ★★★ .

- 3** Here are some more strategies to manage your distractions. Explain how they can be useful.



Tidy your workspace



Set smaller goals

- 4** Look at the photo and discuss the questions.

A.

- What do you think the Eisenhower Decision Matrix is for?
- How can we use this Decision Matrix?

The Eisenhower Decision Matrix



B. Put these sentences into the right box.

1. Find someone to help you.
2. Plan to do it at a later time.
3. This becomes your "Do not do" list.
4. Focus on this fist.

- 5** Plan a day using the Eisenhower Decision Matrix.

Distractions in our life

1 Discuss the options below with your partner and decide which present would create the best memory for a friend. Explain your choice.



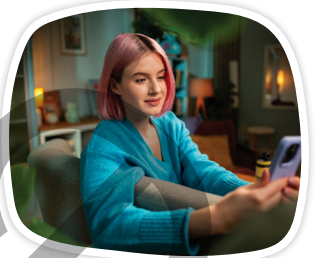
Using social media



Playing video games



*Watching short videos
(e.g. YouTube Shorts)*



*Chatting with
friends online*

Giving Opinions

I think is the biggest distraction because...

In my opinion, makes it hard to focus.

Asking for Opinions

Does distract you when you study?

Which one do you find the most distracting?

Disagreeing Politely

Yes, that happens to me too.

That's true, especially when I have homework.

Making Suggestions

Maybe, but I think is worse.

I don't find very distracting, to be honest.

Reaching a Decision

Let's think about how to avoid them.

Maybe we can turn off notifications

2 Look at the pictures and make up a story.



Useful Vocabulary

get distracted by notifications; try to concentrate on studying;
put the phone away; lock the phone in a box; stay focused on
homework; avoid checking the phone, feel proud of the result

TEST

I. Choose the right sentence.

- 1** a) So did my sister saw it.
b) So did my sister.
c) So my sister did.
d) So saw my sister.
- 2** a) Neither cannot my sister.
b) Nor can my sister.
c) My sister can do it either.
d) Neither my sister can.

II. Choose the correct response.

- 3** My brother has a very tidy workspace.
a) So has my brother.
b) Nor has my brother.
c) So does my brother.
d) Nor does my brother.
- 4** Mobile phones aren't tempting for me.
a) Social media isn't also.
b) Nor social media is.
c) Neither social media is.
d) Social media isn't either.

III. Choose one phrase in each box that is wrong.

- 5** a) to get distracted by something
b) to be distracted by something
c) to go distracted by something
- 6** a) to focus on something
b) to concentrate on something
c) to interrupt on something

IV. Complete the sentences with the right words.

7

1. keep up with	a. When I don't go to the party, and I feel like I ★★★ all the fun.
2. miss out on	b. It is hard to ★★★ the news when I am busy.
3. attached to	c. She is very ★★★ her old teddy bear and never wants to throw it away.

A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - a, 3 - c C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - c, 3 - a

8

1. reward	a. I have to submit my assignment before the ★★★ next Friday.
2. distraction	b. Noise from the street is a big ★★★ when I'm trying to focus.
3. deadline	c. As a ★★★ for his hard work, he received a bonus at the end of the month.

A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - a, 3 - c C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - c, 3 - a

9

1. productive	a. I have a/an ★★★ meeting, so I must go now.
2. tempting	b. The cake looks very ★★★ ; I want to eat it.
3. urgent	c. I feel ★★★ when I finish all my work.

A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - a, 3 - c C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - c, 3 - a

10

1. focus	a. I ★★★ my work to others so I can have more time.
2. delegate	b. Loud noises ★★★ me when I am studying.
3. interrupt	c. I try to ★★★ on my homework in a quiet room.

A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - a, 3 - c C. 1 - c, 2 - c, 3 - b D. 1 - b, 2 - c, 3 - a

Smart Shopper

1 Look, listen and say. Pay attention to the use of the words.



TRACK 13



01

to resist

to stop yourself from doing something that you want to do

If you want to save money, *resist* buying things just because they are on sale.



02

to influence

to affect or change how someone or something develops, behaves, or thinks

Good reviews can *influence* people to buy something online.



03

consumer

a person who buys goods or services for their own use

A smart *consumer* compares prices before buying.



04

to evoke

to make someone remember something or feel an emotion

Colorful decorations in a shop can *evoke* joy and attract more customers.



05

to persuade

to make somebody do something by giving them good reasons for doing it

Stores use "Buy One, Get One Free" offers to *persuade* customers to spend more.



06

bond

a close connection joining two or more people

Loyal customers feel a strong *bond* with their favorite brands.



07

purchase

the act of buying something

My latest *purchase* was a pair of headphones, and I love them!



08

advertisement

a picture, sign, etc. that is used to make a product or service known and persuade people to buy it

A good *advertisement* can make people want to buy something they don't need.

2 Complete the gaps with the words from Task 1.

0. It's hard to **resist** when my favorite brand releases a new collection.
1. Companies spend a lot of money on ★★★ to attract customers.
 2. My little brother tries to ★★★ Mom to buy him a new toy.
 3. A good shopping experience helps build a strong ★★★ between the store and the customer.
 4. Colorful decorations in a shop can ★★★ joy and attract more customers.
 5. Customers often compare prices before deciding on a big ★★★.
 6. Celebrities can ★★★ our shopping decisions.
 7. Companies use social media to connect with young ★★★.

discount – reduction in the price of something

3 Listen to the conversation and choose the correct answer to complete the sentences.



TRACK 14

1. Mia is trying to resist buying the sneakers because ★★★.
 - a) doesn't like the color
 - b) doesn't want to spend too much money
 - c) already has a similar pair
2. Mia liked the sneakers because they ★★★.
 - a) are limited edition
 - b) are the most comfortable ever
 - c) have a nice colour mix
3. Mia always buys her shoes from the same brand because ★★★.
 - a) the brand offers sneakers cheaper on her birthday
 - b) her favourite sportsperson appears in the ad
 - c) their sneakers are the best for running fast
4. Alex advises Mia to ★★★.
 - a) make big purchases from this brand
 - b) buy the sneakers before her size is sold
 - c) to wait for some time before deciding to buy the sneakers



4 Discuss the questions with a partner.

- What kind of ads influence your choice?
- How can we be a smart shopper?

5 Work in pairs and act out one of the situations.

Student A ————△

You are at the mall with **Student B** who needs to buy a bag but gets distracted by a sneaker sale even if he owns a similar pair. Advise him/her to be a smart shopper by giving some tips.

Student B ————△

You came to buy a bag but are tempted by sneakers on sale, even though you already have a similar pair. At first, disagree with **Student A**, defending your choice. Later, start considering his/her advice and agree.

Smart Shopper

1 Discuss the questions with a partner.

- What makes a good ad?
- What is your favourite ad? What makes it special?

2 Read the paragraphs in Task 3 and match the headlines with them. There are two extra headlines.

A. Catchy slogans

B. Just feelings? Not of course!

C. Ads in our life

D. Emotional marketing

E. Resisting Advertising

F. Feeling in Ads

3 Read the paragraphs and do the tasks.

- I. We can neither avoid nor resist them. They are everywhere! We see them on TV, on social media, on public transport, and even in the games we play. In the past people saw about 500 ads per day. Today, we see nearly 5,000 ads daily. Every year, 5.3 trillion online ads appear worldwide. Companies use ads to tell us about their products, but they don't just give us information, they use both logic and emotions to influence people's choices. Either is successful but using emotions is more powerful.

Decide if the sentences are True, False or Not given.

1. Ads only provide information about products.
2. Ads use both thinking and feelings to persuade people.
3. People see fewer ads today than in the past.
4. Online ads are less effective than TV ads.



- II. Companies don't just say, "Buy this product." Instead, they tell a story or create a special feeling. That's emotional marketing. When a brand evokes a strong emotion, consumers both remember it and trust it. That's why companies spend so much money on emotional marketing. Companies know that if we connect with a product emotionally, we are more likely to make purchases.

Complete the sentence with a word from the passage.

Companies spend money on 5) ★★★, because they are sure that it will attract consumers 6) ★★★ to the product and they will make 7) ★★★.

III. Brands don't only use positive emotions, they also use negative ones. Both help them achieve their goals. Funny or positive advertisements make us smile and share them with others. This helps spread the brand's message.

Some ads warn us about dangers, like health risks, to make us buy a product that protects us. Some ads use our emotions to get what they want. For example, an ad for a charity might show children in need, making viewers feel sad and want to donate.

The most common emotions that ads use are:

❤️ Love & Friendships – 8) ★★★.

🏆 Achievement & Pride – 10) ★★★.

🎉 Happiness & Joy – 9) ★★★.

😞 Sadness & Empathy – 11) ★★★.

Complete the gaps with one of the given sentences. There is one extra sentence.

A. Some ads use emotional stories to touch people's hearts.

B. Ads show close relationships to connect with people.

C. Consumers with sad memories are more loyal.

D. Positive feelings make people remember a brand.

C. Brands link success to their products.

IV. Advertising also uses smart techniques to catch our attention. Either bright colors or catchy slogans can make a product easy to remember. Also, memorable music and famous people in ads make products more familiar or help people trust them.

Sometimes, ads create a sense of urgency with phrases like "Limited time offer!" or "Only a few left in stock!" These tricks persuade us to buy something quickly, even if we don't really need it. Neither method is successful alone. They make a difference in ads if used together.

Answer the questions.

12) What are some ways ads try to stay in people's minds?

13) Why do advertisers use phrases like "Limited time offer!"?

14) How can you explain the meaning of 'sense of urgency'?



2 Look at the underlined sentences and choose the correct option to complete the rules.

1. We use *both* with **or** / **and**.
2. We use *neither* with **or** / **nor**.
3. We use *either* with **or** / **and**.
4. We use a **singular** / **plural** noun after *neither*.
5. We use a **plural** / **singular** verb after *both*.

Smart Shopper

1 Complete the sentences with **both**, **either** or **neither**.

0. **Either** my mom or my dad reads reviews before buying a new gadget for a family member.
1. ★★★ ads nor discounts can make me buy something I don't really need.
2. ★★★ Sarah and Emma try to resist buying something they don't need, but sometimes they just can't.
3. When I see a sale, I don't buy things immediately. I ★★★ wait a few days or check reviews first.
4. ★★★ of my brothers care about instruction manuals, but I always read product details before buying anything.
5. A smart shopper compares prices in ★★★ online and physical stores before making a purchase.

2 Complete the sentences with **both**, **either** or **neither**.

0. **A:** Which color do you think is better for attracting attention: red or blue
B: **Either** can be effective, depending on the target audience.
1. **A:** Black Friday and Cyber Monday are big shopping events. What do you think about them?
B: You are right. However, ★★★ is ideal if you don't need anything urgent.
2. **A:** Which jacket did you buy, the red or black one?
B: ★★★ of them. They were too costly.
3. **A:** Do you like online ads or TV ads?
B: ★★★ can be annoying sometimes!
4. **A:** Which ad do you prefer: the one with bright colors or the simple black-and-white one?
B: ★★★ is fine, depending on the product.

3 Combine the ideas. Use **either . . . or**, **neither . . . nor** and **both . . . and**.

0. I might ignore the ad. I might check the product online. (*I will choose one.*)
 I will **either** ignore the ad or check the product online.
1. I don't trust fake discounts. I don't trust tricky ads.
2. Maybe I'll buy the product now. I can wait for a better price. (*I will choose one.*)
3. Mia has never clicked on fake ads. Liam has never done that either.
4. My parents tell me to shop wisely. My teachers give the same advice.
5. Smart shoppers think before buying. They also look for the best deals.

4 Listen to the speakers and complete the sentences.



TRACK 15

Speaker 1

Liam checks prices in 1) ★★★ before buying anything. He likes 2) ★★★ but he doesn't like 3) ★★★, because they make things look better.

Speaker 2

Sophie enjoys looking for 4) ★★★ before she buys anything. She never buys anything without 5) ★★★.

Speaker 3

Jamal watches reviews to make a 6) ★★★. He buys things 7) ★★★. Also, he 8) ★★★ before choosing a product.

Speaker 4

For Emma, 9) ★★★ are a waste of time. She doesn't trust 10) ★★★ either.

5 Complete the gaps with the words from Task 1.



TRACK 15

- A. Listen to the speakers again and take as many notes as you can.
- B. Use the information in Task 4 and your notes to write a report. Use **either**, **neither** and **both** in your report.
- C. Compare your report with a partner to find similarities and differences.

6 Project work.

- A. Do research about colours used in ads.
- B. Prepare a presentation about colours in ads giving examples from different ads. Use **either**, **neither** and **both**.



Smart Shopper

1 Look at the pictures and discuss the questions with a partner.

- What do you think these machines are used for?
- Have you ever used one of them? When and where?
- Do you prefer to speak to a person or use a screen when ordering? Why?
- What are the advantages of using a self-ordering kiosk?
- What problems might someone have when using a self-payment machine?



Self-service parking terminals



Self-ordering kiosk



Self-check out

2 Answer the questions and then listen to the audio and check your answers.

1. What is the "Interactive Donation Board"?
2. How is it used?
3. Where can we see them?



TRACK 16

3 Listen to the talk and answer the questions.



TRACK 16

1. What is the main purpose of the charity Clara volunteers for?
 - a) to raise funds for volunteers.
 - b) to show people interesting aspects of technology.
 - c) to make donations simpler and engaging for people.
2. What happens when you donate using the board?
 - a) It shows something visual that represents the donation.
 - b) It shows a message from children who get school supplies.
 - c) You hear a sound and see the donation amount.

Swipe - to pass a plastic card, such as a credit card, through a special machine that is able to read the information that is stored on it

3. Why does Clara believe these boards are more effective than traditional charity fundraising?

- a) They show results instantly, creating emotional impact.
- b) The boards are more modern and placed in more convenient locations.
- c) They work better with digital payments.

4. What does Clara think about the future of donating this way?

- a) People will have the opportunity to visit the school they supported.
- b) It might include virtual reality and personal messages.
- c) Apps on mobile phones will directly connect to the boards.



4 Write a short paragraph (80–100 words) about your opinion on using machines instead of people in public places.

You can write about:

- Where people usually use machines (shops, stations, etc.)
- What machines can do (order food, buy tickets, donate, etc.)
- If you think machines make life easier or more difficult
- Whether you would prefer to use a machine or talk to a person — and why!

Smart Shopper

1

Discuss the options below with your partner and decide which present would create the best memory for a friend. Explain your choice.



listening to music



journalling



making art



spending time in nature

Describing the Pictures

In this picture, I can see a...

People are buying...

It looks busy / quiet / expensive / traditional.

Comparing Places

This place is bigger than the other one.

You can buy more things in the...

The market is cheaper, but the mall is more comfortable.

Discussing Advantages & Disadvantages

One advantage of shopping here is...

A disadvantage is that...

It's good because... / It's not very convenient because...

Expressing Preferences & Making Decisions

I prefer shopping at the... because...

Let's choose the place where...

What about you? / Do you agree?

2 Look at the pictures and make up a story.



Useful Vocabulary

buy a painting, clean the surface, notice something strange,
visit an art expert, discover the truth, be worth a lot, appear
in the newspaper

TEST

I. Choose the right options to complete the sentences.

- 1** ★★★ (ad is attractive.
A. neither B. both C. both of D. either of the
- 2** ★★★ the shops is reliable. Don't even worry.
A. either of B. neither C. neither of D. either
- 3** I can buy ★★★ local ★★★ international brands. It doesn't matter at all.
A. either, and B. neither, and C. neither, nor D. either, or
- 4** You can pay ★★★ by card ★★★ in cash.
A. either, or B. both, and C. neither, nor D. not, and
- 5** The shop has ★★★ digital menu tablets ★★★ traditional menus.
A. both, nor B. both, and C. both, or D. both, of
- 6** The digital board didn't show ★★★ the prices ★★★ the pictures.
A. neither / nor B. only / but C. either / and D. both / or
- 7** Choose the right sentence.
A. Neither of the charities use donation boards. B. Neither charities nor use donation boards.
D. Neither charities nor use donation boards. D. Neither charity use donation boards.

I. Choose the right options to complete the sentences.

- 8** What things ★★★ your choice?
A. evoke B. influence C. swipe D. resist
- 9** If an ad uses catchy slogans ★★★ remember it well.
A. designers B. consumers C. volunteers D. sellers

II. Complete the sentences with the right words:

10

- | | |
|-------------|---|
| 1. evoke | a. It's hard to ★★★ buying things when they are on sale. |
| 2. persuade | b. Many ads use music and pictures to ★★★ happy feelings. |
| 3. resist | c. Shops try to ★★★ customers to spend more money with emotional marketing. |

A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - a, 3 - c C. 1 - c, 2 - a, 3 - b D. 1 - b, 2 - c, 3 - a

11

- | | |
|------------------|---|
| 1. advertisement | a. The strong ★★★ between the brand and customer increases loyalty. |
| 2. purchase | b. I made a big ★★★ yesterday — I bought a new tab. |
| 3. bond | c. That funny ★★★ on TV really made me want to try the new chocolate. |

A. 1 - c, 2 - a, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - a, 3 - c

12

- | | |
|------------|--|
| 1. support | a. Many people ★★★ money to charities through interactive boards.. |
| 2. donate | b. You need to ★★★ your card to pay for the items. |
| 3. swipe | c. I always try to ★★★ local businesses by shopping there. |

A. 1 - c, 2 - a, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - a, 3 - c

Emotions in Balance

1

Look, listen and say. Pay attention to the use of the words.



TRACK 17



01

private

only for one person or group and not for everyone

She keeps her diary *private* because it's personal and only for her.



02

to reflect

to think carefully and deeply about something

After a big argument with a friend, it's good to *reflect* on what went wrong.



03

judgment

a decision that you make, or an opinion that you have, after considering all the facts in a situation

It's not fair to make a *judgment* about someone before knowing their story.



04

inviting

attractive

A quiet park bench with a view of the lake is an *inviting* place to relax.



05

tough

difficult to do or to deal with

His friends supported him through the *tough* times, and now things are getting better.



06

to track

to follow the progress or development of somebody/ something

You can *track* your progress by writing down small achievements every day.



07

self-awareness

knowledge and understanding of your own character

Self-awareness helps you understand why you feel certain emotions in different situations.



08

to heal

If a bad situation or painful emotion heals, it ends or improves, and if something heals it, it makes it end or improve.

Forgiving yourself for mistakes can help *heal* your mind and move forward.

2 Complete the gaps with the words from Task 1.

1. Sitting quietly can help you ★★★ on your feelings and understand them.
2. Life can be ★★★ sometimes. It is alright to ask for help in those difficult moments.
3. It is important not to make a quick ★★★ about people or situations.
4. It takes time to ★★★ after something difficult, but every small step helps.
5. People often write things down to ★★★ their thoughts and understand them better.
6. ★★★ means noticing your feelings and actions. It helps you understand why you feel the way you do.
7. Some people prefer to keep their feelings ★★★ and not share them with others.
8. The calm way she listened created an ★★★ atmosphere, so I felt safe to talk.

3 Listen to the talk and match the speakers to the statements. One statement is extra.



TRACK 18

Speaker 1

A. This person shares how learning about his/her emotions helped him/her make better choices.

Speaker 2

B. This person talks about the value of keeping some thoughts private and personal.

Speaker 3

C. This person mentions how spending time in a peaceful outdoor space can improve his/her mood.

Speaker 4

D. This person shares how small activities can help him/her manage difficult moments.

E. This person explains how reflecting on past mistakes can help him/her grow and heal.

Speaker 5

F. This person writes to stay focused on his/her goals and feels inspired by seeing his/her progress.

4 Discuss the questions with a partner.

- What things help you feel better during tough times?
- How often do you reflect on your day?
- How do you track your personal or academic growth?
- When you have a disagreement with a friend do you reflect on it? Why or why not?

5 Choose one of the situations below and answer the question. Write your response in at least five complete sentences.

Your friends made a quick judgement on you.

How do you feel?

You have a favorite place. You feel very relaxed there.

What makes it so inviting?

Being more self-aware has helped you manage your stress.

How did it help you?

Emotions in Balance

1 Look at the pair of sentences and decide which one you agree with more and why.

1. a. It is better to discuss your personal problems with someone you trust.
b. It is better to solve your personal problems on your own.
2. a. It is better to express your thoughts through art or writing.
b. It is better to keep your thoughts in your mind and reflect quietly.
3. a. It is better to keep a record of your memories for the future.
b. It is better to live in the moment and not worry about recording memories.

2 Choose the headings that fit best for the given paragraphs. There are 3 extra headings.

- A. What to write about while journaling?
- B. How to start journaling?
- C. What is journaling?
- D. Which journaling format is convenient?
- E. Why is journaling helpful?
- F. How can journaling be a powerful tool?



1. Journaling is the practice of writing down your thoughts, feelings, and experiences. A journal is a private space **where** you can write anything that comes to your mind. You don't need to worry about grammar or spelling. The most important thing is to be honest and true to yourself.

Many teenagers use journaling to reflect on their day, share their emotions, or explore their dreams. It is like having a personal conversation with yourself and expressing thoughts **that** you might not feel comfortable sharing with others. Some teens use their journal like a diary to write about their day and how they feel, while others use it to explore their thoughts and emotions without worrying about anyone else's judgment. Some teens love adding drawings, stickers, or photos and make journaling more creative and fun. The key is to make it personal and meaningful to you.

2. Choose a format that you find inviting and convenient, one that you're likely to use regularly. It can be a traditional notebook, a digital app, or a document on your computer. After you decide which way is better for you, find a quiet place where you can focus, and decide on a time of day **when** you can write regularly. Many people **who** actively journal prefer writing in the evening to reflect on their day, but you can choose a time

that works best for you. Don't worry about writing perfectly. Just let your thoughts flow freely. If you don't know what to write, you can use prompts, like "What's one thing you're proud of doing today?" or "How do you feel right now?".

Aim to write in your journal daily, even if it's just a few sentences. Regular writing helps to develop the habit and makes journaling an important part of your mental health routine. Don't worry about the length of your entries. What matters is the consistency of your practice.

- 3.** When you journal, you understand your emotions better, especially during tough times. Writing about your worries or problems can make you feel calmer and less stressed. Journaling can also improve your problem-solving skills because it allows you to think more clearly.

Some people whose lives feel disorganised use it to track their goals or make decisions. Journaling can be a powerful tool which helps you grow and develop. It improves self-awareness by showing you what you feel and why. It can also strengthen your emotional intelligence, helping you understand and manage your emotions better. Many people find that writing about their struggles helps them heal and move forward. Journaling can even make you more confident because it helps you organise your thoughts and solve problems. Over time, it can show you how far you've come and inspire you to keep going.

- 3** Read the text again and organise the information into the categories below. Write at least three points under each column using key ideas from the text.

Reasons for
journaling

Formats for
Journaling

How Journaling
Helps

- 4** Answer the questions.

1. Why is journaling described as a private space?
2. Which format of journaling is more effective? Explain your choice.
3. How can journaling be helpful for you?
4. Which reason for journaling do you think is the most important for teenagers?

- 5** Look at the underlined words in the text and complete the sentences below with whose, who, that, where and when.

1. Teens ★★★ write about their feelings often discover new ways to solve their problems.
2. There are moments ★★★ journaling feels like the best way to express yourself.
3. Writing about events ★★★ made you happy can improve your mood.
4. Don't share your feelings with someone ★★★ comments often hurt your confidence.
5. Keep your journal in a place ★★★ it will stay safe and private.

Emotions in Balance

- 1** Complete the gaps with **who**, **which**, **that**, **where**, **when** and **whose**. Sometimes more than one option is possible.

0. She is a relative whose visit is always welcoming.
 1. The journal ★★★ I use for reflecting on my day helps me feel better.
 2. The place ★★★ I feel most comfortable is the quiet park near my house.
 3. That was the day ★★★ I realised the value of taking time for myself.
 4. This is the person ★★★ inspired me to start sports as a way to manage stress.
 5. This is the place ★★★ I can relax and think about my day.
 6. He's the friend ★★★ jokes always make me laugh.

- 2** Look at the photos and answer the questions using the key words. Use relative clauses.

1. Who are these girls?
 a. the girl/ yellow diary/my sister
 b. the girl/ black diary/my best friend



2. What is journaling for you?
 a. private space/express feelings/freely
 b. tool/helps/track my progress



3. Who are these people?
 a. people/take a selfie/study together
 b. people/dance together/live in the same building



- 3** Combine the following pairs of sentences using relative clauses.

0. I keep a private diary. It allows me to express my emotions freely.
I keep a private diary which/that helps me to express my emotions freely.

1. We attended a workshop last weekend. The workshop focused on emotional health.
2. He reads books about self-awareness. These books have helped him in his personal growth.
3. She uses an app every day. The app helps her track her daily routine.
4. He found a quiet place in the library. He can reflect on his day there.
5. They created a group for students. The group discusses different ways for managing stress.
6. I have a playlist of songs. These songs calm me down when I feel stressed.
7. She met a therapist last month. Her branch is teenage mental health.

4 There are mistakes in some of the sentences. Rewrite the incorrect sentences.

0. She is someone **which** always listens without judging. **who**
1. He read a book which helped him understand anxiety better.
 2. They attended a seminar where discussed the importance of mental health.
 3. He's the teacher who opinion is always helpful.
 4. She follows a routine when helps her to stay organized and reduce stress.
 5. He's the teacher whose talks openly about mental health in class.
 6. The diary which she writes her thoughts is her personal escape.
 7. This is the time of a day when I feel most energetic.

5 Read the sentences and answer the question. In which sentence we can omit **who**, **which** or **that**?

1. The song that you are listening to is my favourite song.
2. The app which you suggested is a perfect habit-tracking tool.
3. He still uses the diary that was his best friend's present.
4. The man who you see in the photo is my sports coach.
5. Never share your thoughts with people who make quick judgments of you.

6 Listen to the talk and complete the sentences.

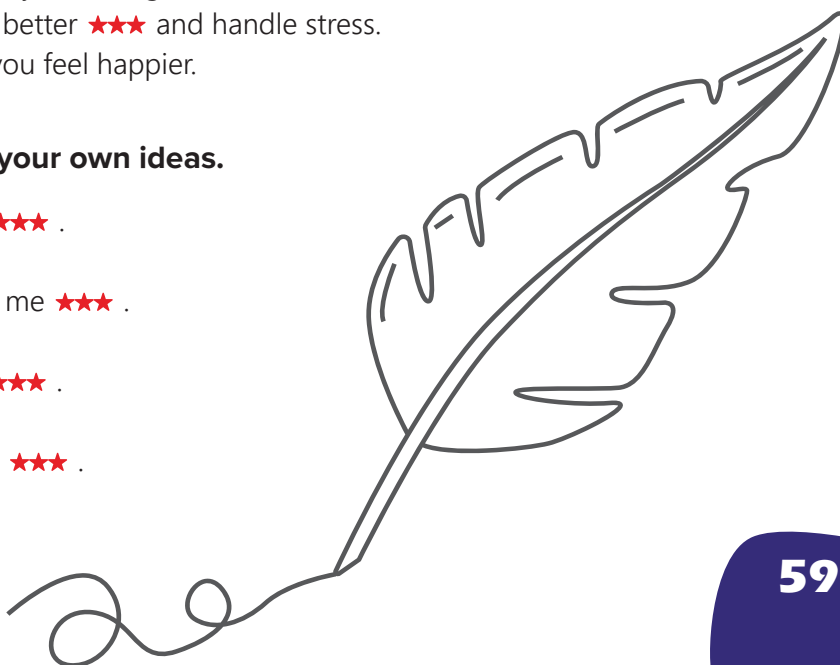


TRACK 19

1. Today's talk is about ★★★.
2. Emotional well-being means ★★★ and handling everyday stress.
3. During ★★★ you pause and clear your thoughts.
4. Thanks to journaling Edigar can better ★★★ and handle stress.
5. Exercising and ★★★ also make you feel happier.

7 Complete the sentences with your own ideas.

1. Listening to music is an activity ★★★ .
2. Writing is a time ★★★ .
3. My journal is a private space for me ★★★ .
4. Our garden is a place ★★★ .
5. Playing online games is a time ★★★ .
6. He/ She is the person ★★★ .
7. He/ She is a person ★★★ advise ★★★ .



Emotions in Balance

1 Look at the pictures and discuss the questions.

1. Have you ever tried any of the activities shown in the photos?
2. How can such kind of activities help teens handle stress?
3. What activities help you relax when you are stressed?

workspace – the office, desk, etc. where someone works

to sculpt – to make figures or objects by shaping wood, stone, clay, metal, etc.



colouring mandalas



making clay sculptures



making origamis

2 Listen to the speakers and choose the right answers.



TRACK 20

Speaker 1

1. What is true about Ricky's art therapy sessions?

- A) He organizes only group activities.
- B) Ricky is a professional therapist.
- C) His art sessions help teens handle stress.
- D) The sessions are free for teens.

2. What effect does colouring mandalas have on the speaker?

- A) It increases work productivity.
- B) It improves problem-solving skills.
- C) It helps the speaker relax and focus.
- D) It improves artistic skills immediately.



Speaker 2

3. What has the speaker mentioned about clay sculpting?

- A) She doesn't sell her sculptures.
- B) She has no sculpture at her home.
- C) Her teacher helps her to sculpt at school.
- D) All her sculptures have the same style.

4. What is the speaker planning to do?

- A) To get more money from his parents
- B) To change his working hours
- C) To buy a bigger table to place his tools
- D) To make lightning better



3 Follow the instructions.

- Answer the questions.
- Ask your partner those questions.

Question	Your answers	Your partner's answers
<p>What do you do in these situations?</p> <p>1. You are tired, but it is early to sleep.</p> <p>2. You have worked a lot and you need to rest.</p> <p>3. You are working on a task, but you can't focus anymore.</p> <p>4. You've watched TV all day and feel like you should do something else.</p>		

4 Imagine you do one of these activities to relax. Prepare a presentation about the activity. Use the questions to help you.



sketching



playing the guitar



making jewellery

- When did you first start doing this activity?
- How often do you do this activity?
- Where do you do this activity?

Emotions in Balance

1 Discuss the options below with your partner and decide which present would create the best memory for a friend. Explain your choice.



listening to music



journalling



making art



spending time in nature

Giving Opinions

I think is helpful because...

In my opinion, is a great way to relax.

I believe that reduces stress.

Asking for Opinions

Do you agree?

How do you feel about that?

Which one helps you the most?

Disagreeing Politely

I agree with you.

That's a good point.

I think so too.

Making Suggestions

I see your point, but I think...

Maybe, but for me...

I'm not sure about that.

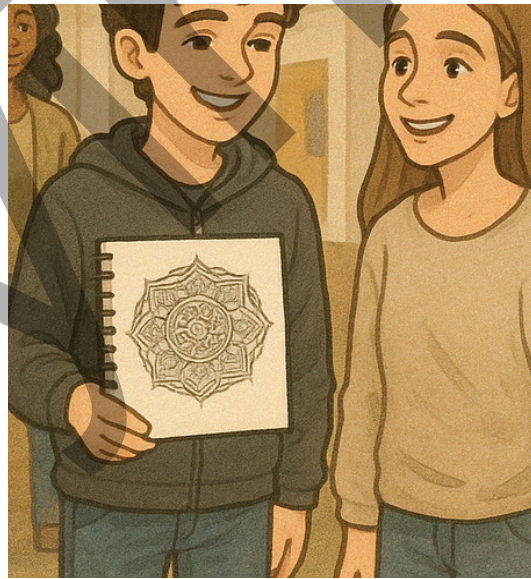
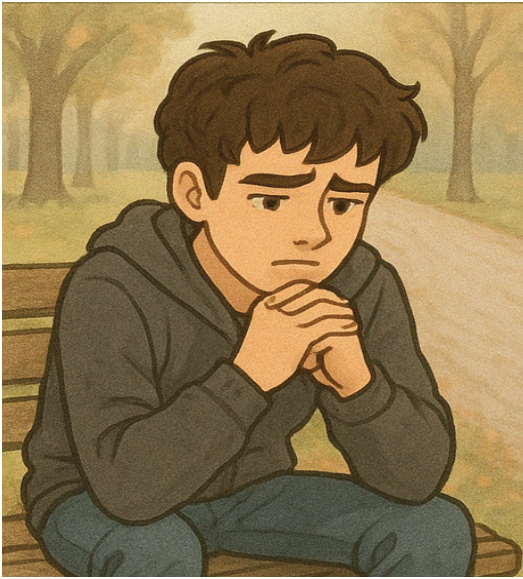
Reaching a Decision

So, which one do we choose?

I think..... is the best option for us.

That sounds like the best idea.

2 Look at the pictures and make up a story.



Useful Vocabulary

go through a tough time, try a new activity, sketch mandalas,
join an activity centre, handle stress, feel inviting

TEST

1 Choose the right words to complete the sentence.

The woman ★★★ hair is long is my therapist.

- A. who B. that C. which D. whose

2 This is the dairy ★★★ Emily bought for me.

- A. whose B. that C. who D. whose

3 The time ★★★ I first started colouring mandalas was unforgettable.

- A. that B. where C. who D. when

4 The boy ★★★ is making clay sculptures teaches young kids art lessons.

- A. whose B. that C. which D. who

5 This is the person ★★★ ideas inspired me to start journaling.

- A. who B. that C. whose D. which

6 Choose the right sentence with the relative clause.

- A. The park I go to every day is a very relaxing place.
B. The park which I go every day is a very relaxing place.
C. The park where I go every day it is a very relaxing place.
D. The park that I go to every day it is a very relaxing place.

7 Choose the sentence that correctly combines the sentences using an appropriate relative clause.

There is a cafe. We first organised our art therapy sessions there.

- A. There is a cafe where we first organised our art therapy sessions.
B. There is a cafe where we first organised there our art therapy sessions.
C. There is a cafe which we first organised our art therapy sessions there.
D. There is a cafe which first organised our art therapy sessions.

8 Choose the sentence that correctly combines the sentences using an appropriate relative clause.

Complete the sentences with the right words.

- A. This is the activity that it makes my day fun.
- B. This is the activity when my day is fun.
- C. This is the activity that helps me to relax.
- D. This is the activity makes my day fun.

9 Complete the sentences with the right words.

1. reflect	a. She uses an app to ★★★ her success in learning new languages.
2. track	b. I like to ★★★ on my day before going to bed every day.
3. heal	c. Sunlight can help people ★★★ by increasing their vitamin D levels.

- A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - a, 3 - c C. 1 - c, 2 - a, 3 - b D. 1 - b, 2 - c, 3 - a

10 Complete the sentences with the right words.

1. tough	a. Today was a ★★★ day, but writing it down made me feel better.
2. inviting	b. I like to journal in my room because it is warm and ★★★.
3. private	c. My journal is ★★★, so I can write my secrets in it.

- A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - a, 3 - c C. 1 - c, 2 - a, 3 - b D. 1 - b, 2 - c, 3 - a

11 Complete the sentences with the right words.

1. therapy	a. Writing in my journal is like ★★★ for me; it helps me feel calm.
2. sculpture	b. I created a small ★★★ where I can draw comfortably.
3. workspace	c. I enjoy creating small ★★★ from playdough.

- A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - a, 3 - c C. 1 - c, 2 - a, 3 - b D. 1 - b, 2 - c, 3 - a

Exploring the World

1 Look, listen and say. Pay attention to the use of the words.



TRACK 21



01

ecolodge

a place for people to stay on holiday that is designed not to harm the natural environment

During our trip, we stayed in a beautiful *ecolodge*. It was built using natural materials and had solar panels.



02

rainwater harvesting

the process of collecting and storing rainwater for future use

My grandparents practise *rainwater harvesting*, which helps them save water during the dry season.



03

organic

(of food, farming methods, etc.) produced without using artificial chemicals

Many people prefer to buy *organic* vegetables because they are grown without harmful chemicals.



04

barefoot

not wearing anything on your feet

After hiking all day, we took off our shoes and walked *barefoot* on the beach—it felt amazing!



05

to respect

to feel or show admiration for someone or something that you believe has good ideas or qualities

Everyone *respects* him not only because he is old, but also because he is wise and kind.



06

off the beaten track

in a place where few people go, far from any main roads and towns

We found a small mountain village *off the beaten track* where there were no tourists.



07

eco-friendly

not harmful to the environment, or trying to help the environment

I live an *eco-friendly* lifestyle by reducing plastic waste.



08

outfit

a set of clothes that you wear together, usually for a special time or purpose

She put on the perfect *outfit* for hiking: comfortable pants, a waterproof jacket, and boots.

2 Complete the sentences with the words/phrases from Task 1.

1. I try to eat ★★★ food because it's healthier and better for the planet.
2. After a long hike, I walked ★★★ on the grass and felt completely relaxed.
3. We discovered a small village ★★★ with no cars and friendly people.
4. It's important to ★★★ the culture of the place you visit by learning a few words in the local language.
5. His ★★★ was perfect for the outdoor concert—comfortable and stylish.
6. My friend started an ★★★ business that makes bags from recycled materials.
7. Thanks to ★★★, the village has enough water even during the dry season.
8. We stayed in an ★★★ near the mountains, where all the electricity came from solar panels.

3 Match the speakers to the statements. One statement is extra.



TRACK 22

Speaker 1

A. This person plans to practise rainwater harvesting.

Speaker 2

B. This person wants to start eating organic food.

Speaker 3

C. This person stayed in an ecolodge.

Speaker 4

D. This person wants to live off the beaten track.

E. This person leads an eco-friendly lifestyle.

4 Discuss the questions with a partner.

1. Have you ever stayed in an ecolodge or a place close to nature? If not, would you like to? Why or why not?
2. Would you like to practise rainwater harvesting? Why or why not?
3. Do you enjoy walking barefoot on the beach or in nature? Where was the last place you went barefoot while travelling?
4. When visiting another country, what do you think tourists should do to respect local people and traditions?
5. Have you ever visited a place that was off the beaten track? What made it special or different from popular tourist spots?
6. Do you try to be eco-friendly when you travel? What small things can travellers do to protect the environment?
7. What kind of outfit do you usually pack for an outdoor trip? Why do you choose it?
8. Do you think eating organic food helps the environment? How?

Exploring the World

1 Look at the pictures of the tourists and discuss the question.

- What do you think is different about their travel experiences?



2 Read the social media post and answer the questions.

A Trip That Taught Me About Ecotourism

A few years ago, my parents and I took a special trip to Lanzarote, a beautiful island in Spain. We stayed at an ecolodge called Finca de Arrieta. It was a small, eco-friendly place that used rainwater harvesting and solar power. This trip changed the way I thought about travel. It was my first real experience with ecotourism.

At first, it was hard. Our bags were lost, so we only had one outfit each. But we learned that we didn't need many things to feel happy. We walked barefoot, ate organic food, and spent time outdoors. We enjoyed simple things like watching the stars and listening to the birds. The eco-lodge followed a zero-waste policy. We used reusable items, recycled everything, and avoided plastic. We also met local people and learned how they protect the wildlife and nature on the island.

We stayed away from crowded tourist areas to avoid overtourism. Instead, we explored places that were off the beaten track—quiet beaches, small villages, and peaceful mountains. This helped us connect more with nature and local culture.

Now, when we travel, we choose low-carbon travel options like trains, bikes, or walking. We also stay in eco-friendly places and support small local businesses.

That trip taught us that travel is not just about fun—it's about respecting the Earth, learning, and helping others. Ecotourism gave us a better way to explore the world.

1. How did the ecolodge help protect the environment?
2. What problem did they have at the start of the trip?
3. What did they discover when they had very few clothes?
4. How did they try to stay away from busy tourist places?
5. How did this trip change the way they think about travel?
6. What is the main idea or message of this story?

3 Read the comments that people made on the post and decide if each one is positive or negative.

a) Eating only organic food is expensive, **so** I don't think I could afford it while travelling.

b) Zero waste sounds too hard for me **because** I still need to use basic products when I travel.

c) I changed my travel plans this year **because of** your amazing eco-adventure!

d) No TV, no hair tools? That sounds boring, **so** I will never go there.

e) I love this story **because** it shows how travel can help the environment and local people.

f) I'm now cooking local food when I travel **because of** your idea to support small farms.

g) Collecting eggs and living with animals sounds amazing, **so** I'm definitely adding an eco-lodge to my bucket list!

4 Look at the boldfaced words in the comments and complete the rules below with **because**, **because of** and **so**.

- A. Use ★★★ to give a reason with a **subject and verb**.
(Example: I stayed at home ★★★ it was raining.)
- B. Use ★★★ to give a reason with a **noun or noun phrase**.
(Example: The flight was delayed ★★★ bad weather.)
- C. Use ★★★ to show a **result** of something.
(Example: It was raining, ★★★ we stayed at home.)

Exploring the World

1 Complete the sentences with *because* or *because of*.

0. Many tourists visit national parks ***because of*** the beautiful scenery.
1. Ecotourism is becoming more popular ★★★ people want to protect the environment.
2. The hiking tour was cancelled ★★★ the heavy rain.
3. They chose an eco-friendly hotel ★★★ it uses solar energy and recycles waste.
4. The beach was crowded ★★★ the summer holiday season.
5. She didn't join the safari tour ★★★ she was afraid of wild animals.
6. We couldn't go fishing ★★★ the strong winds.
7. The tourists were amazed ★★★ the variety of wildlife in the rainforest.
8. He decided to travel by train instead of plane ★★★ it's more environmentally-friendly.
9. We arrived late ★★★ a traffic jam on the highway.
10. The guide spoke slowly ★★★ the group had many non-native English speakers.

2 Complete the sentences with *because*, *because of* or *so*. Put a comma if necessary.

0. We missed our flight, ***so*** we arrived at the airport late.
1. The train was delayed ★★★ heavy snowfall.
2. She packed warm clothes ★★★ she was going to a cold country.
3. The hotel was fully booked ★★★ we had to find another place to stay.
4. ★★★ the traffic jam, we were late for our tour.
5. It started raining heavily ★★★ we stayed inside the museum.
6. ★★★ her fear of flying, she decided to travel by train.
7. The beach was crowded ★★★ it was a national holiday.
8. She stayed in a hostel ★★★ she wanted to save money.
9. ★★★ the low prices, they chose to travel in the off-season.
10. The map was confusing ★★★ we got lost in the city.

3 Look at the pictures and complete the sentences.



0. She forgot her passport, ***so*** she couldn't fly.



1. Tourists love visiting Gabala ***because of*** ★★★.



2. We didn't go hiking ***because*** ★★★.



3. The weather was cold,
so ★★★.



4. They couldn't fly **because**
of ★★★.



5. He was tired after the
long flight, **so** ★★★.

4 Listen to the speakers and complete the sentences.



TRACK 23

Speaker 1

They didn't go hiking because of ★★★.

Speaker 2

The speaker didn't book early, so ★★★.

Speaker 3

They chose the hotel because ★★★.

Speaker 4

Tourists didn't clean up, so ★★★.

Speaker 5

They couldn't visit the park because of ★★★.

5 A. Complete the sentences with your ideas.

- I think ecotourism is (isn't) important **because** ★★★.
- People should (shouldn't) try eco-travel **because of** ★★★.
- I would like (wouldn't like) to stay in an eco-hotel **because** ★★★.
- I want to support local people, **so** ★★★.
- I prefer travelling by train (bus) **because of** ★★★.
- Tourists should respect local culture, **so** ★★★.

B. Share your ideas with your partner.

Exploring the World

1 Walk around and talk to your classmates.

has tried a traditional dish in another country.

would like to go rock climbing.

has visited a place because of a movie.

Find someone who ...

likes exploring unknown streets in a city.

enjoys exploring new cities on foot.

likes learning about history and culture when he/she travels.

2 You are going to hear a lecture on types of tourism. Listen to the lecture and complete the notes.



TRACK 24



Adventure Tourism

Adventure tourists enjoy activities like 1) ★★★ or 2) ★★★. They prefer 3) ★★★ locations instead of crowded places.



Alphatourism

In alphatourism, people use a 4) ★★★ to plan their walk. Alphatourism helps tourists discover 5) ★★★ places in a city.



Experiential Tourism

Experiential tourism helps people learn about local 6) ★★★ and traditions. It also gives them a chance to use the 7) ★★★ of locals to interact with them.



Screen Tourism

This kind of tourism happens when people are big fans of 8) ★★★. New Zealand is a popular destination because of 9) ★★★.

3

Now listen to four different tourists talking about their travel experiences. Match each tourist to the correct type of tourism.



TRACK 25

Tourist 1

Tourist 2

Tourist 3

Tourist 4

a) Ecotourism

b) Adventure
tourismc) Screen
tourism

d) Alphetourism

e) Experimental
tourism

4

Work with a partner to plan a holiday. Discuss different types of tourism and agree on one type. Explain your choice.

Ecotourism

Adventure tourism

Alphetourism

Screen tourism

Experimental tourism

Useful phrases:

*Let's go somewhere exciting!**I prefer cultural trips.**We can try something new!**How about screen tourism? I love movies.*

Exploring the World

1

Discuss the options below with your partner and decide which present would create the best memory for a friend. Explain your choice.



A beach holiday



A mountain adventure



A countryside trip



A wildlife tour

Describing the Pictures

In this place, you can...
People usually go there to...
It looks relaxing / exciting / quiet / interesting.
You can enjoy nature / the views / the weather.

Comparing Places

The is more relaxing than
.....sounds more exciting than
..... is quieter, but is sunnier.

Talking about Advantages & Disadvantages

One advantage is that...
The good thing about this place is...
A disadvantage is that it is ... (crowded / expensive / far away)
It's not a good idea if you don't like... (wild animals / hiking / hot weather)

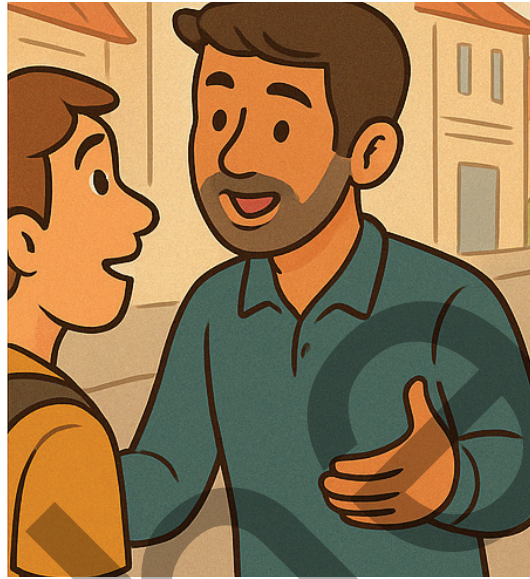
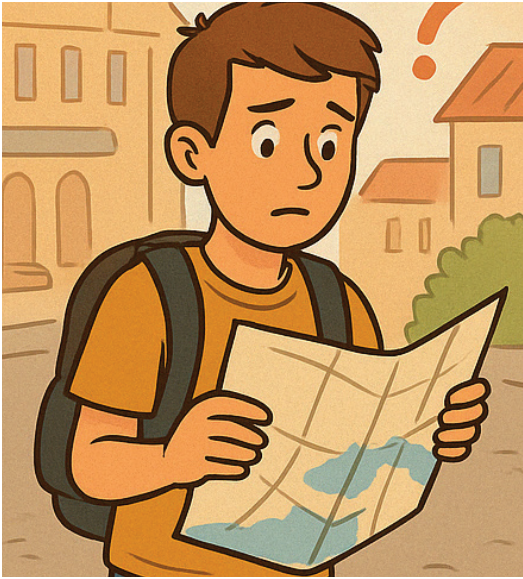
Giving Opinions & Preferences

I would love to go to... because...
I think this is the best place for us.
For me, is perfect because I love

Reaching a Decision Together

So, which one should we choose?
We both like... so that's a good option.
I agree, that's the best destination for us.

2 Look at the pictures and make up a story.



Useful Vocabulary

read a map; get confused, ask for help, show someone the way, walk through the town, find the place, be grateful for someone's help

TEST

I. Choose the right options to complete the sentences.

1 We missed the train ★★★.

- A. so the traffic was heavy
- C. because of the heavy traffic

- B. because the heavy traffic
- D. because of the traffic was heavy

2 She packed extra clothes ★★★.

- A. because she expected cold weather
- C. so she expected cold weather

- B. because of she expected cold weather
- D. because expected cold weather

3 It started to rain ★★★.

- A. because we had to cancel our hike
- C. because had to cancel our hike

- B. because of we had to cancel our hike
- D. so we had to cancel our hike

4 They booked a hotel near the airport ★★★.

- A. because they had an early flight
- C. so they had an early flight

- B. because of they had an early flight
- D. because had an early flight

5 I was tired after the journey ★★★.

- A. because I went to bed early
- C. because went to bed early

- B. so I went to bed early
- D. because of I went to bed early

6 We had to wait for two hours ★★★.

- A. because was a technical problem
- C. because a technical problem

- B. so there was a technical problem
- D. because of a technical problem

7 The weather was great ★★★.

- A. because we decided to go hiking
- C. so we decided to go hiking

- B. because of we decided to go hiking
- D. because decided to go hiking

II. Complete the sentences with the right words:

8	<p>1. eco-friendly</p> <p>2. organic</p> <p>3. barefoot</p>	<p>a. I prefer eating ★★★ food because it doesn't contain chemicals.</p> <p>b. Some people say walking ★★★ helps you feel relaxed.</p> <p>c. Using public transport is a(n) ★★★ way to travel.</p>
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A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - a, 3 - b D. 1 - b, 2 - a, 3 - c

9	<p>1. outfit</p> <p>2. ecolodge</p> <p>3. off the beaten track</p>	<p>a. A(n) ★★★ is a great choice if you care about nature and want a quiet, relaxing place to stay.</p> <p>b. She took a comfortable ★★★ for hiking in the mountains.</p> <p>c. Traveling ★★★ can help you discover amazing places.</p>
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A. 1 - c, 2 - a, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - a, 3 - c

10	<p>1. respect</p> <p>2. harvest</p> <p>3. explore</p>	<p>a. She would like to ★★★ new places that are far from busy tourist areas.</p> <p>b. When we visit another country, we should ★★★ local customs and traditions.</p> <p>c. The hotel uses special systems to ★★★ rainwater for washing and cleaning.</p>
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A. 1 - c, 2 - a, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - a, 3 - c

III. Fill in the gaps with the words below.

off the beaten track

barefoot

rainwater harvesting

ecolodges

organic

eco-friendly

outfit

respects

Aliya is an ecotourist. She loves nature and wants to protect the environment when she travels. She always tries to be 1) ★★★. She stays in special places called 2) ★★★. These small hotels use 3) ★★★ and solar power.

Aliya likes to go 4) ★★★, away from big cities. She visits quiet villages, forests, and mountains. She always 5) ★★★ local people, animals, and nature.

She wears a simple 6) ★★★ — a cotton shirt, trousers, and a hat. Sometimes she walks 7) ★★★ on clean beaches or soft grass to feel close to nature.

Aliya eats 8) ★★★ food. She buys fruit and vegetables from local farmers. She brings her own water bottle and never uses plastic bags.

For Aliya, being an ecotourist is not just a way to travel—it's a way to live.

From Passion to Profession

1

Look, listen and say. Pay attention to the use of the words.



TRACK 26



01

passion

a strong feeling of love or excitement for something

She has a *passion* for painting and spends hours in her studio every day.



02

outgoing

friendly and happy to meet and talk to new people

John is very *outgoing* and loves meeting new people at parties.



03

priority

something that is more important and needs to be done first

My homework is my *priority* tonight, so I can't go out with friends.



04

path

a way or road to follow to go somewhere

We walked along the *path* in the park to reach the lake.



05

cost of living

the amount of money needed to buy the things you need

The *cost of living* in the city is high because rent and food are expensive.



06

brief

short in time, not long

The movie was *brief*, only 30 minutes.



07

budget

a plan for how to spend money, showing how much you can spend and save

I made a *budget* to help me save money for my summer vacation.



08

rewarding

giving you a lot of happiness or satisfaction, especially from hard work

Volunteering at the animal shelter is very *rewarding* because I help animals find new homes.

2 Complete the sentences with the words/phrases from Task 1.

1. It is important to have a ★★★ for your work to feel happy and excited about it.
2. We need to plan our trip and set a ★★★ so we don't spend too much money.
3. Spending time with family is my top ★★★ because they are very important to me.
4. She is very ★★★ and likes meeting new people.
5. The ★★★ in the city is higher, so things like food and rent are more expensive.
6. The meeting was very ★★★, and we finished in just 10 minutes.
7. Helping others can be very ★★★ because it makes you feel good.
8. Choosing the right ★★★ in life can help you be successful.

3 Listen and match the speakers to the statements. One statement is extra.

TRACK 27

Speaker 1

A. This person is talking about the budget.

Speaker 2

B. This person is talking about his passion.

Speaker 3

C. This person is talking about the cost of living.

Speaker 4

D. This person is talking about choosing the right path.

E. This person is talking about being outgoing.

4 Discuss the questions with a partner.

What is your passion? Talk about it.

Are you an outgoing person? How do you feel when you meet new people?

What is the most important priority in your life right now?

What path do you want to take in the future?

Do you think the cost of living is higher in a city or a village?

Can you describe your favorite hobby in a brief way?

Is it important to have a personal budget? Why or why not?

What activity or job do you think is the most rewarding for you? Why?

From Passion to Profession

1 Discuss the questions with a partner.

- What job would you like to have in the future?
- What do you think is important when choosing a job?
- Do you know someone with an interesting job? What do they do?



2 Read the article "8 Important Things to Keep in Mind When Choosing a Career Path." Match the headings (a-i) to the correct paragraphs (1–8). There is one extra heading that you do not need to use.

- Your passion and skills
- Your personality
- Your learning opportunities
- Your goals
- Your values
- Your resources at home
- Your potential salary
- Your job prospects
- Your educational costs and



Choosing a job can feel big and scary. **Although** it is not always easy, you can make a good choice if you think carefully. **Despite** feeling unsure at the beginning, asking a few simple questions can help you find the right way. Here are 10 important things to keep in mind:

1. _____

Think about what you love doing. What makes you excited to get out of bed in the morning? Are you good at writing, math, coding, fixing things, or working with people? Try to find connections between your interests and your strengths. These can lead you to possible careers.

2. _____

Knowing who you are is just as important as knowing what you like. Are you outgoing or shy? Do you like working with people or by yourself?

3. _____

Ask yourself:

Do I want a high salary or more free time?

Do I want to work from home or travel?

Do I want to live in a city or the countryside?

Create a list or even a vision board to picture your future. Having a clear idea of what you want to achieve can help you make better decisions about your future job.

5. _____

It's important to know how much money you can earn. Use the Internet to research typical earnings. Check income ranges based on the area where you want to live. Some cities have a higher cost of living than others, so check and compare before you choose.

7. _____

Different careers require different levels of education. Some need only a short course, while others (like doctors or lawyers) need many years of study. Find out how long the preparation takes and what it might cost. This can help you plan your time and budget for college.

4. _____

The things you care about deeply can shape your decisions and direction in life. Do you care about teamwork, helping others, creativity, or job security? Think about the kind of company culture you'd enjoy. What kind of boss or coworkers would help you do your best work? Knowing these priorities can lead you to a more rewarding path.

6. _____

Some jobs are growing fast, while others are disappearing. Make sure the job you want is likely to last and grow. Look for careers that offer long-term stability and opportunities to learn new skills.

8. _____

One of the best ways to understand a job is by speaking with a person who does it every day. Try arranging a brief conversation with a professional to learn more about their role and career path. Ask them about their daily tasks, challenges, and what helped them succeed. Be sure to thank them afterward and keep in contact.

3

Study the boldfaced words in the introduction and choose the correct option to complete each part of the rule.

Both *despite* and *although* show **unexpected results** or **contrast**.
below:

1. A **full sentence** (subject + verb) follows _____.
 - a) despite
 - b) although
2. A **noun** or **verb + ing** follows _____.
 - a) despite
 - b) although

From Passion to Profession

1 Complete the sentences with **so** or **although**.

0. She loves helping people, so she became a nurse.
1. ★★★ he is a talented chef, he doesn't like cooking at home.
2. He wanted to travel the world, ★★★ he became a flight attendant.
3. ★★★ her job is difficult, she enjoys every moment of it.
4. They needed more money, ★★★ they started working extra hours.
5. ★★★ he works in a bakery, he doesn't eat much bread.
6. She studied engineering for five years, ★★★ she got a job at a big company.
7. ★★★ he works with animals every day, he's allergic to cats.
8. He was very creative, ★★★ he chose to be a designer.
9. ★★★ the salary is low, he loves being a teacher.
10. ★★★ he is afraid of heights, he works as a window cleaner on tall buildings.

2 Choose the correct option.

0. (So/**Although**/Despite) the weather was bad, the farmer went to work early.
1. (So/Although/Despite) being afraid of blood, he became a doctor.
2. (So/Although/Despite) she studied hard, she failed the job interview.
3. (So/Although/Despite) he is very young, he runs his own business.
4. She got a promotion (so/although/despite) working in the company for only six months.
5. He wants to help others, (so/although/despite) he chose to become a police officer.
6. (So/Although/Despite) having no experience, she got the job.
7. (So/Although/Despite) he had a high salary, he wasn't happy with his job.
8. She is very organized, (so/although/despite) she chose to be a project manager.

3 Look at the photos and make up sentences using the words given in brackets.



0. (although/rain/go for a picnic)

Although it was raining,
they went for a picnic.



1. (despite/ the heavy traffic/ arrive on time)



2. (although/ tired/ continue working)



3. (despite/ high prices/
buy the house)



4. (despite/ the heavy
traffic/ arrive on time)



5. (although/ have/ no
experience/ get the job)

4 Listen to the 5 people talking about their jobs and complete the sentences.



TRACK 28

Speaker 1

Although his/ her job is stressful, he/she enjoys ★★★.

Speaker 2

Despite spending many hours in front of a screen, he/ she enjoys being ★★★.

Speaker 3

Although the classroom is noisy, he/she likes working with ★★★.

Speaker 4

Despite being tired after work, he/she feels ★★★ when customers enjoy his food.

Speaker 5

Despite working ★★★, he/she still finds some time to spend with his/her family.

5 Complete the sentences about the people whom you know well.

1. Although ★★★'s job is stressful, he/she still enjoys it because ★★★.
2. Despite not having much free time, ★★★ tries to ★★★ after work.
3. Despite the long working hours, ★★★ feels happy when ★★★.
4. Despite facing challenges, ★★★ has learned to ★★★ in his/her work.
5. Although ★★★ isn't very experienced, he/she tries to ★★★.
6. Despite working hard, ★★★.
7. Although ★★★ has a busy schedule, he/she always makes time to ★★★.

From Passion to Profession

1 Discuss the questions with a partner.

Do you think being a footballer could be a dream job?

Why or why not?

Consider:

- Is it fun or stressful?
- Is it well-paid?
- Do footballers travel a lot?
- Is it easy to reach that goal?
- Can footballers inspire others?



2 Listen to the interview with Anna and answer the question. Choose a, b, c or d.

What is this interview mainly about?

- Why girls should start playing football
- How Anna became a professional football player
- Why Anna decided to become a footballer
- Football rules and training tips from Anna



TRACK 29

3 Listen to the interview and decide if the sentences are True or False.



TRACK 29

1. Anna plays football for a local club team in her town.
2. At school, she enjoyed sitting quietly at a desk during the day.
3. During breaks at school, Anna often spent time outside.
4. Football became more than just a hobby for her when she turned 10.
5. Her parents immediately agreed with her dream of becoming a football player.
6. Anna joined a team that was close to her house.
7. She played in her first international match at the age of 18.
8. She encourages other young girls to believe in their potential.



4 Complete the sentences about Anna.

1. Despite the cold, rain, or snow, Anna continued to ★★★.
2. Although her parents didn't support her at first, Anna ★★★.
3. Anna trained hard and joined a girls' team, so she ★★★.
4. Her parents were worried because they thought football ★★★.

5 Act out the situation.

Student A

The Interviewer (TV Presenter or Journalist)

You are preparing a short interview for a sports program. You will interview a famous footballer (Student B). Prepare 5–6 questions about:

- Their childhood and school life
- How they started playing football
- Their biggest challenges
- Their daily routine as a player
- Advice for young athletes

Student B

The Footballer (You can choose your character.)

You are a famous footballer (real or imaginary, e.g., Anna from the listening). You will be interviewed on a sports show. Think about:

- Your background (when you started, your passion)
- What training is like
- How you overcame problems (e.g., family doubts, injuries)
- Your life (travel, matches, fans)
- What you would tell young people who want to be footballers



From Passion to Profession

1

Work with your partner. Discuss the question and the options below. Then decide which issue is the most important for you when choosing a job and explain why.

- Which of these is the most important when choosing a job?



Salary



Chances to travel



*Friendly team or
colleagu*



*Learning and
training opportuni*

Giving Opinions

I think salary is the most important because...

For me, training is really important.

I believe travel opportunities make the job more exciting.

I like working with friendly colleagues because...

Asking for Opinions

What do you think?

Which one is most important for you?

Do you care more about salary or people at work?

Agreeing

Yes, I agree with you.

That's true.

You're right about that.

Disagreeing Politely

I see your point, but I think...

Maybe, but I prefer...

I'm not sure I agree because...

Reaching a Decision

So, shall we choose...?

Let's go with...

I think we both agree on...

That sounds like the best option for us.

2 Look at the pictures and make up a story.



Useful Vocabulary

dream of flying a plane, watch planes in the sky, fail a test but keep going, follow your dream, work part-time at an airport, study hard at night, train to become a pilot, achieve your goal

TEST

I. Choose the correct option.

1

★★★ he was tired, John finished his report on time.

A. Because

B. Although

C. Despite

D. So

2

She didn't get the job ★★★ she had all the required skills.

A. so

B. although

C. because

D. despite

3

He was late to the interview ★★★ there was heavy traffic.

A. although

B. so

C. because

D. despite

4

★★★ the difficulties, she managed to complete the project.

A. Because

B. Although

C. Despite

D. So

5

They were unhappy with their jobs, ★★★ they decided to quit.

A. despite

B. because

C. so

D. although

6

She didn't apply for the position ★★★ she wasn't qualified.

A. because

B. although

C. so

D. despite

7

They won the project, ★★★ they presented a great idea.

A. because

B. although

C. so

D. despite

8

I left early ★★★ I wanted to avoid traffic.

A. although

B. because

C. so

D. despite

II. Complete the sentences with the right words:

1

- | | |
|-------------|--|
| 1. passion | a. Students should learn how to live on a small ★★★. |
| 2. priority | b. She has a ★★★ for cooking, so she wants to be a chef. |
| 3. budget | c. Helping customers is a top ★★★ in his job. |

A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - a, 3 - b D. 1 - b, 2 - a, 3 - c

2

- | | |
|--------------|--|
| 1. outgoing | a. The boss gave a(n) ★★★ talk before the meeting started. |
| 2. brief | b. Being a teacher is hard work, but it is ★★★. |
| 3. rewarding | c. You need to be ★★★ to work as a tour guide. |

A. 1 - c, 2 - a, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - a, 3 - c

3

- | | |
|-------------------|--|
| 1. path | a. He moved to a small town because the ★★★ is lower there. |
| 2. cost of living | b. He wants a long ★★★ in the police force. |
| 3. career | c. Studying hard is the first step on the ★★★ to your dream job. |

A. 1 - c, 2 - a, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - a, 3 - c

III. Choose the correct option.

Mr. Bennett has always followed his **1) passion/career** - painting. When he was a child, he was **2) rewarding/outgoing**. He loved meeting new people.

3) Because/Although his parents wanted him to become a lawyer, he decided to choose a different path. He went to art college instead of studying law.

Life wasn't easy at first. **4) Because of/Despite** the high cost of living in the city, he had to live on a small **5) money/budget**. He worked in a café during the day and painted at night.

Not many people came to his first exhibition. But he didn't give up. Over time, his paintings started to sell, and he became well known in his town. His work became **6) rewarding/brief**.

When he talks to young people today, he says, "Follow your heart, even if it's hard. Do what you love **7) although/because** that's where real success lives."



That's unbelievable!

1

Look, listen and say. Pay attention to the use of the words.



TRACK 30



01

artificial

made by people, often as a copy of something natural

The world's biggest *artificial* waterfall is inside a shopping mall!

02

to assume

to think or accept that something is true but without having proof of it

She *assumed* the talking parrot understood her, but it was only repeating words.

03

to purchase

to buy something

They *purchased* a small house, but later, they learned that a famous writer once lived there.

04

race

a competition to see who is the fastest, like running or driving

The car *race* was very dangerous because the drivers were speeding high.

05

robbery

the act of stealing from a person or place

The police are looking for the man who committed a *robbery* at the bank.

06

to arrest

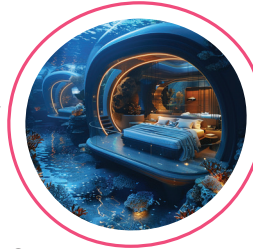
when the police take someone away because they believe the person has done something illegal

The police found the criminal and *arrested* him.

07

guilty

If you feel guilty, you feel that you have done something wrong.

The dog had a *guilty* face after chewing my shoes.

08

luxurious

very comfortable and expensive

They stayed in a *luxurious* hotel under the ocean—what an experience!

2 Complete the sentences with the words/phrases from Task 1. You may need to change word forms.

1. My brother and I had a running ★★★ in the park to see who was faster.
2. I ★★★ the story was true, but it was just a joke.
3. The police had to ★★★ the man because they caught him stealing.
4. She felt ★★★ for lying to her best friend about her holiday plans.
5. The police arrived quickly after the ★★★ at the supermarket.
6. She thought the flowers were real, but they were ★★★ .
7. They stayed in a ★★★ hotel with a swimming pool and a private beach.
8. She wanted to ★★★ a gold ring, but it was too expensive.

3 Match the speakers to the statements. One statement is extra.



TRACK 31

Speaker 1

a) This person saw a robbery happen.

Speaker 2

b) This person assumes that his/her friend is not guilty.

Speaker 3

c) This person is a Formula 1 driver.

Speaker 4

d) This person wants to purchase something.

e) This person can watch the race from a luxurious location.

4 Discuss the questions with a partner.

Do you think artificial intelligence will help people or cause problems?

Do you usually assume people are honest or do you wait to see?

Would you rather purchase something online or in a store?

Would you like to watch a race live or on TV?

If you see a robbery, will you report it to the police or ignore it?

Should the police arrest someone right away or give them a chance to explain?

Would you rather stay in a luxurious hotel or a simple place?

That's unbelievable!

1 Look at the photos from the news stories. Discuss the question with your partner.

- What do you think each news story is about?

1.



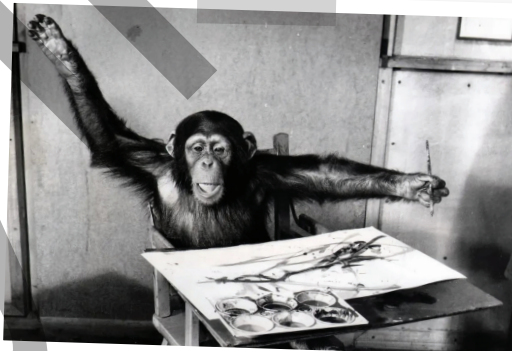
2.



3.



4.



2 Read the news stories and check if your guesses are correct or wrong.

1. The first hotel in space

A company called the *Gateway Foundation* is planning to build the first hotel in space. The hotel, *Voyager Station*, **is designed** for 400 guests.

Its round shape **is made** to create artificial gravity, so visitors will be able to walk and sleep easily. The station **is expected** to have luxurious restaurants, cinemas, and a spa.

The construction work will start in 2026, and the hotel **is hoped** to open by 2027. If everything goes well, *Voyager Station* **will be seen** as an important step in space tourism.

2. A surprising victory

Nine-year-old Kade Lovell was surprised when he finished a 5km race in the USA. He was shocked when he learned that he was the winner of a 10km race for adults. His mother assumed that he **was lost** when he did not finish the 5km race. But he **was not lost**—he was running in the longer race. He even finished one minute faster than the next-best runner, who was 40 years old.

3. Bird taken to prison after robbery

A bird **was taken** to prison in the Netherlands because of a shop robbery. It was sitting on its owner's shoulder when police arrested the owner. Both **were taken** to the police station. The bird **was put** in a cell and **was given** bread and water because the police did not have a birdcage. Later, the bird and its owner **were set** free. Police said the bird was not guilty.

4. Chimp's art on sale for £200,000

Paintings by a chimpanzee called Congo **will be exhibited** at a London gallery. 55 paintings **will be sold** for £200,000 by Dr. Desmond Morris. Morris worked with Congo in a 1950s TV show called Zoo Time. In the show, Congo **was seen** painting, and famous artists like Pablo Picasso purchased some of his works. Congo died in 1964, but in 2005, three of his paintings **were sold** for £14,000. It set a record for a non-human artist.

3 Read the news stories again and decide if the sentences are True or False.

1. Voyager Station will be round to help the visitors experience artificial gravity.
2. Voyager Station will have entertainment options.
3. Kade Lovell wanted to win the 10km race for adults.
4. Kade's mother believed he was missing when he did not complete the 5km race.
5. The police arrested the bird because it stole something.
6. Police gave the bird a special cage to stay in while it was at the police station.
7. A well-known artist bought Congo's paintings.
8. Congo's paintings were first sold in 2005.

4 Look at the boldfaced parts of the sentences in the news stories and complete the rules.

- a. We form the Present Simple Passive with ★★★ / ★★★ / ★★★ and the past participle.
- b. We form the Past Simple Passive with ★★★ / ★★★ and the past participle.
- c. We form the Future Passive with ★★★ + ★★★ and the past participle.

1 Complete the sentences with the passive voice of the verb given in brackets.

A.**Present Simple**

0. A luxurious hotel **is built** (build) in the city every year.
1. Robbers ★★★ (arrest) by the police.
2. Many expensive cars ★★★ (purchase).
3. English ★★★ (speak) in many countries.
4. The windows ★★★ (clean) every morning.
5. The museum ★★★ (visit) by thousands of people.

B.**Past Simple**

0. The winner of the race **was given** (give) a gold medal.
1. The book ★★★ (write) by a famous author last year.
2. The cake ★★★ (make) yesterday.
3. The lost dogs ★★★ (find) by a kind man.
4. The cookies ★★★ (eat) by the children.
5. The letter ★★★ (send) yesterday.

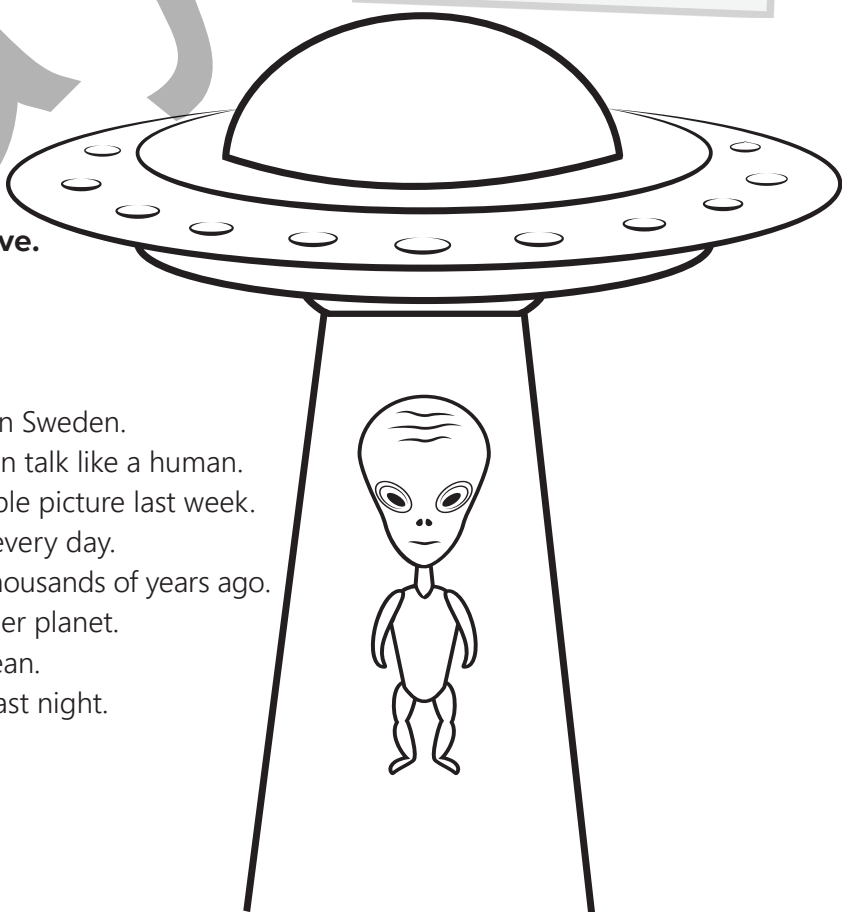
C.**Future Simple**

0. A new school **will be built** (build) in our town next year.
1. The invitations ★★★ (send) to all guests tomorrow.
2. The homework ★★★ (check) by the teacher tomorrow.
3. A new school ★★★ (open) in the city.
4. The football match ★★★ (watch) by millions of fans.
5. More trees ★★★ (plant) in the park.

2 Change the sentences into passive.

0. People see UFOs all over the world.
UFOs are seen all over the world.

1. They found the world's oldest tree in Sweden.
2. Scientists will create a robot that can talk like a human.
3. A photographer took an unbelievable picture last week.
4. They publish strange news stories every day.
5. They built the Great Wall of China thousands of years ago.
6. Scientists will discover life on another planet.
7. They will build a new city in the ocean.
8. A thief stole the famous diamond last night.



3 Change the sentences into negative.

0. Chinese is spoken in many countries.

Chinese isn't spoken in many countries.

1. Coffee is grown in Spain.
2. This book is read by many students.
3. The pyramids were built two hundred years ago.
4. My bag was stolen yesterday.
5. This song was written in 1990.
6. A new school will be built next year.
7. The results will be announced tomorrow.
8. The email will be sent in the morning.

4 Write questions in the passive.

0. Where/ tea/ grow

Where is tea grown?

1. Where/ Spanish/ speak
2. What/ chocolate/ make from
3. How often/ mobile phones/ use
4. When/ the telephone/ invent
5. Where/ the first car/ make
6. How/ the Eiffel Tower/ build
7. Where/ the next Olympic Games/ hold
8. When/ the new road/ build

5 Find six mistakes and correct them.

Yesterday, a man were surprised when he saw a dog in the driver's seat. The car was moving slowly down the street! Later, the police were called, and the car was stop safely. It were discovered that the dog accidentally moved the car while his owner was in a shop.

Now, the video shares on social media. Next week, the story will be show on TV. Many people believe this event will remembered as one of the funniest news stories ever!



6 Listen to the news story and answer the questions.



TRACK 32

1. When was a new island found?
2. Why are the scientists surprised?
3. Who was the island studied by yesterday?
4. When will a team of scientists be sent to the island?
5. What do they hope for?



7 A. Work in pairs and prepare a short TV news report. Use passive voice. B. Present the news to the class.

1 A. Look at the news headlines and photos. Discuss the question with a partner.

What do you think each news story is about?



Cat's Amazing Journey



Four Legs, One Board!

B. Now listen to the news stories quickly and check your answers.



TRACK 33

2 Listen to the news stories again and complete the notes.



TRACK 33

1. Cat's Amazing Journey

Name: Holly

Age: 1) ★★★ years old

Distance travelled: 2) ★★★ km

Location: Florida

Reason for disappearance:

got scared by 3) ★★★ and ran away

How she was found:

- a 4) ★★★ found her thin and weak
- taken to a vet
- The vet scanned the 5) ★★★ and learned that it was Holly.

Current status:

safe and lives with 6) ★★★

2. Four Legs, One Board!

Name: Abbie

Special talent: can surf

Wave height: up to 7) ★★★ meters

Early life:

- lived in a 8) ★★★ before adoption
- first saw a surfboard at the 9) ★★★ and loved it

Achievements:

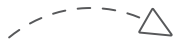
- In 10) ★★★ : won *World Dog Surfing* Championship
- In 2017: won again
- In 11) ★★★ : received *Spirit of Surfing* award

Safety tip:

Dogs should 12) ★★★ before surfing.

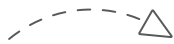
3 Work in pairs and act out the situation.

Student A



You are the news host. Introduce the story and ask questions.

Student B



You are Holly's owner (Jacob or Bonnie Richter). Talks about Holly's disappearance and journey.

4 Look at the news headlines and discuss the questions in small groups.

- What do you think the story behind each piece of news is?
- Which of these news stories would you most want to read? Why?

*Ancient Message in a Bottle Found –
And It's From the Future?!*

*Boy Finds a Hidden Room
in His House – What's
Inside?*

*AI Robot Writes a Hit
Song – People Can't
Tell It's Not Human!*

*Rabbit Joins a Marathon
– Finishes Before Some
Runners!*

*Pet Snake Escapes – Found in the
Most Unexpected Place!*

That's unbelievable!

1

Work with your partner. Read the question and discuss the options below. Talk about the advantages and disadvantages of each one. Then decide which option is the best for you and explain why.

- What is the best way to follow the news, and why?



Watching the news
on TV



Reading news
websites



Following the news
on social media



Listening to the
news on the radio

Giving Opinions

For me, is more convenient.
I prefer because it's

Asking for Opinions

What do you think?
How do you usually follow the news?
Which one do you think is the most useful?

Agreeing

I agree with you.
That's true.
Yes, I feel the same.
I think you're right.

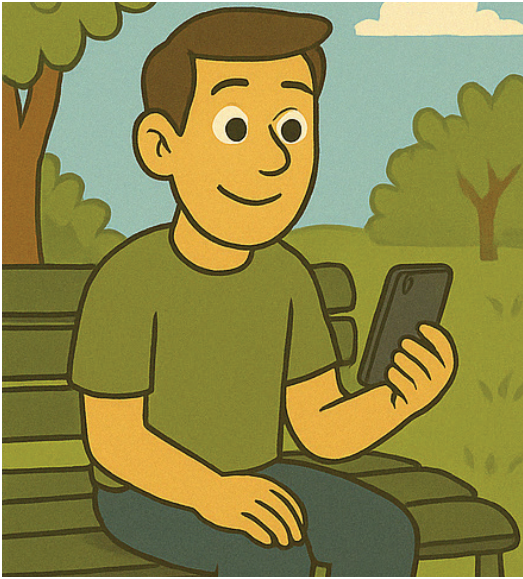
Disagreeing Politely

I see your point, but I think...
Maybe, but I prefer...
I'm not sure about that because...

Reaching a Decision

So, shall we choose.....?
I think we both agree that is the best.
That sounds like the best option for us.

2 Look at the pictures and make up a story.



Useful Vocabulary

take a selfie, snatch the phone, climb a tree quickly, look shocked / surprised, play with the phone, give the phone back, feel relieved, have a funny story to tell

TEST

I. Choose the right options to complete the sentences.

- 1** The teacher ★★★ the lesson every day.
A. explains B. is explained C. explain D. was explained
- 2** Spanish ★★★ in many countries.
A. speaks B. is spoken C. spoke D. will speak
- 3** This cake ★★★ by my mom every weekend.
A. bakes B. is baked C. baked D. will bake
- 4** The movie ★★★ by millions of people last night.
A. watched B. was watched C. watches D. will watch
- 5** They ★★★ a new bridge last year.
A. were built B. built C. build D. will build
- 6** Yesterday he ★★★ a letter to his friend.
A. wrote B. was written C. writes D. will write
- 7** The package ★★★ tomorrow.
A. will deliver B. will be delivered C. delivers D. delivered
- 8** They ★★★ a new school next year.
A. will build B. will be built C. built D. build

II. Complete the sentences with the right words.

1

- | | |
|---------------|---|
| 1. artificial | a. She looked ★★★ when her mom asked about the broken vase. |
| 2. guilty | b. The cruise ship had ★★★ rooms and delicious food. |
| 3. luxurious | c. The flowers in the vase are ★★★ , but they look very real. |

A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - a, 3 - b D. 1 - b, 2 - a, 3 - c

2

- | | |
|--------------|--|
| 1. assumed | a. They ★★★ a beautiful house near the beach. |
| 2. arrested | b. He ★★★ the meeting was at 10 a.m., but it was at 9 a.m. |
| 3. purchased | c. The police ★★★ the man because he was driving too fast. |

A. 1 - c, 2 - a, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - a, 3 - c

3

- | | |
|----------------|--|
| 1. achievement | a. The security cameras recorded the ★★★ . |
| 2. robbery | b. The team celebrated their ★★★ with a party. |
| 3. race | c. The ★★★ started at 9 a.m. and finished at 10 a.m. |

A. 1 - c, 2 - a, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - a, 3 - c

III. Fill in the gaps with the correct active or passive forms of the verbs given in brackets.

Mr. Brown, the owner of the parrot named Coco, says that his pet 0) listens (listen) to people and repeats words every day. But this time, Coco 1) ★★★ (do) something unbelievable.

Last Friday, a wallet 2) ★★★ (steal) in a busy café. The police 3) ★★★ (arrive) but 4) ★★★ (find) no clues. The next morning, Coco 5) ★★★ (keep) repeating a name over and over.

Mr. Brown 6) ★★★ (recognise) the name and 7) ★★★ (inform) the police.

When the café's security cameras 8) ★★★ (check), the thief 9) ★★★ (see) taking the wallet.

He 10) ★★★ (find) guilty and arrested.

The stolen wallet 11) ★★★ (return) to its owner.

Next week, Coco 12) ★★★ (invite) to a special city event, and a certificate

13) ★★★ (give) to him as a reward.

Now, Coco 14) ★★★ (know) as the smartest parrot in town!



Climate Action

1 Look, listen and say. Pay attention to the use of the words.



TRACK 34



01

significant

important or having a big effect

The discovery of the new planet is a *significant* achievement in science.



02

to prevent

to stop something from happening or someone from doing something

Wearing a helmet can *prevent* head injuries while cycling.



03

devastating

very bad or damaging, often causing a lot of harm or sadness

The earthquake had a *devastating* effect on the town as it destroyed many homes.



04

representative

a person who speaks or acts for a group of people or an organisation

The *representative* from the company gave a speech at the conference.



05

renewable

something that can be used again

Wind power is a great example of a *renewable* energy source.



06

urgent

something that needs to be done immediately

There is an *urgent* need to fix the broken pipe before the water floods the kitchen.



07

outcome

the result or effect of an action, event, or situation

The runners were happy at the finish line because the *outcome* of their training was a big success.



08

to conserve

to keep something safe or protect it from damage

We should *conserve* energy by turning off lights when we leave a room.

2 Complete the sentences with the words/phrases from Task 1.

1. The company is working to find ★★★ energy sources like wind and solar power.
2. It's ★★★ that we finish this project by Friday, so we need to work faster.
3. The ★★★ of the meeting will be discussed later in the afternoon.
4. We can ★★★ wildlife by protecting natural habitats.
5. Wearing a coat can ★★★ you from getting cold in winter.
6. The new law has made a ★★★ impact on reducing pollution in the city.
7. The ★★★ spoke on behalf of the workers during the meeting.
8. The forest fire had a ★★★ effect on the animals living there.

3 Listen and match the speakers to the statements. One statement is extra.



TRACK 35

Speaker 1

A. This person is talking about a significant event.

Speaker 2

B. This person is sharing the outcome of his research.

Speaker 3

C. This person is planning to attend an important event.

Speaker 4

D. This person is talking about the importance of using renewable energy.

E. This person is asking to make an urgent decision to help lives.

4 Discuss the questions with a partner.

1. What is the most significant change you think will happen in the next 10 years, and why?
2. How can we conserve water at home to help the environment?
3. What actions can we take to prevent pollution in our country?
4. Do you think renewable energy sources like solar and wind are the future? Why or why not?
5. What is something that you think is urgent and should be solved right away in your community or country?
6. What do you think will be the outcome if people don't take action to protect the environment?
7. Can you think of any devastating events that have happened because of climate change? How did they affect people?



Climate Action

1 Look at the photos and discuss the question with a partner.

- What is happening in the pictures?
- Why do you think all these are happening?



2 Read the text and complete the sentences with the words from the text.

A significant event, COP29, was held in Baku, Azerbaijan, in November 2024. World leaders and representatives from different countries and organisations were invited to attend this conference to discuss how climate change could be fought.

The main focus of COP29 was to get more financial support for developing countries so they could reduce the effects of climate change. A goal was set for developed countries to provide at least \$300 billion per year to developing countries by 2035.

During COP29, it was said that urgent action **must be taken** to protect the planet. The importance of using renewable energy, like wind and solar power, was discussed as a way to reduce pollution. Leaders also called for stronger efforts to protect and conserve communities from the dangerous effects of global warming, like rising sea levels and extreme weather. It was also stressed that harmful environmental practices **should be stopped** immediately.

Although many countries agreed on the financial target, some leaders hoped that even bigger goals **could be set** to prevent the devastating effects of climate change. The outcome of COP29 was a first step, and more actions will be taken to build a sustainable future for everyone.

COP29 showed that global cooperation is needed to fight climate change. As climate change continues to affect the world, events like COP29 help bring countries together so that solutions **can be found** and action **can be taken** for a better future.

The decisions made at COP29 can change the future for all of us, as they will guide how we use energy, reduce pollution, and conserve nature.

1. In November 2024, COP29 took place in ★★★.
2. One of the main aims of COP29 was to get help for ★★★.
3. Wealthy nations promised to give at least ★★★ each year to support developing countries by 2035.
4. Clean energy sources such as ★★★ and ★★★ were discussed during the conference.
5. One solution to cutting down harmful emissions is using ★★★ energy.
6. There were discussions about protecting communities from the impacts of ★★★.
7. To deal with climate change, countries must work in ★★★ with each other.

3 Look at the boldfaced parts of the sentences in the text and complete the sentences using a passive modal given in the brackets.

1. More support ★★★ (give) to developing countries. (must)
2. Fossil fuel usage ★★★ (limit) in the near future. (should)
3. Climate-friendly technology ★★★ (encourage) in schools. (could)



Climate Action

1 Complete the sentences using the passive voice with the modal verb in brackets.

0. The homework *must be* **completed** before the weekend. (*must/complete*)

1. This report ★★★ by the end of the day. (*can/submit*)
2. The meeting ★★★ by the secretary. (*should/arrange*)
3. The house ★★★ before the guests arrive. (*must/clean*)
4. The email ★★★ by 5 PM. (*should/send*)
5. The project ★★★ if we work together. (*can/finish*)
6. The letter ★★★ carefully before signing. (*should/read*)
7. The instructions ★★★ step by step. (*must/follow*)
8. The exam ★★★ by all students next week. (*must/take*)

2 Complete the sentences.

0. They must serve the dinner at 7 o'clock.

1. They must deliver the package soon.
2. You can read these books only in the library.
3. We should cut the grass in the front yard.
4. You should invite his parents too.
5. They must send the documents immediately.
6. They can fix this computer in the main office.
7. You shouldn't share this secret with anyone.

0. The dinner must be served at 7 o'clock.

1. The package ★★★ soon.
2. These books ★★★ only in the library.
3. The grass in the front yard ★★★.
4. His parents ★★★ too.
5. The documents ★★★ immediately.
6. This computer ★★★ in the main office.
7. This secret ★★★ with anyone.

3 Change the sentences into the passive voice.

0. *Everyone should follow the rules during the game.*

The rules should be followed during the game.

1. We must finish the report by tomorrow.
2. You can't sign the document without your parent's permission.
3. You should lock the door before you leave.
4. We can't complete the project without the necessary materials.
5. You should test the product before presenting it to others.
6. They can solve the problem quickly.
7. The team must overcome the obstacles.
8. His speech can inspire the students.

4 Look at the pictures and complete the sentences using the passive voice with modal verbs.



0. The car must be cleaned.



1. The room ★★★



2. The trees ★★★



3. The suitcase ★★★



4. The puppy ★★★



5. The beach ★★★

5 Listen and match the speakers to the comments.
One comment is extra.



TRACK 36

Speaker 1

a) More public transport should be used to reduce pollution.

Speaker 2

b) Water bottles can be left outside in the sun.

Speaker 3

c) They should be replaced with reusable ones.

Speaker 4

d) Trees mustn't be cut down in this area.

e) Solar panels can be installed there.

6 Work with a partner and make a poster about what should/can/must/shouldn't/mustn't be done to protect our planet.



Climate Action

1 A. Read the statement.

What do you think “carbon footprint” means?

Every step we take today to reduce our carbon footprint is a promise for a cleaner tomorrow.



B. Listen to the beginning of the conversation between two friends and check your answers.



TRACK 37

2 Listen to the rest of the conversation and complete the sentences with NO MORE THAN THREE WORDS from the recording.



TRACK 38

1. Emma uses ★★★ instead of driving to help the environment.
2. Liam thinks that it's a good idea to ★★★ when the weather is good.
3. At home, Emma suggests changing to ★★★ to reduce energy use.
4. People should turn off lights and ★★★ to save a lot of energy.
5. To avoid fast fashion, people can buy fewer clothes or prefer ★★★ ones.
6. Emma says it's better to take trains instead of ★★★ for short trips.
7. Liam says his parents might install ★★★ to support green energy.





3 A. Create a “Carbon Footprint Action Plan” poster.

“I already do...” (list of habits)

“I want to start...” (list of new goals)

“...because...” (simple reasons why these are good for the environment)

B. Present your plans to your partner.

6 Work in groups and make a poster with 3–5 tips on “How to Be Green at School”. Then, present your poster to the class.

Climate Action

1

Work with your partner. Read the question and discuss the options below. Talk about which ones you already do, which ones are easy or difficult for you, and what the advantages and disadvantages are.

- What is the best way for you to reduce your carbon footprint, and why?



Using public transport instead of driving



Recycling and reducing plastic waste



Reducing energy use at home



Eating less meat and more vegetables

Giving Opinions

I think the best way for me is... because...

For me, it's easier to...

I already try to... at home.

I believe this is important because...

Asking for Opinions

What do you usually do?

Which one is easy or difficult for you?

Do you care about this issue?

Which one do you want to try?

Agreeing

Yes, I do the same.

That's a good point.

I agree with you.

I think that's the best option too.

Disagreeing Politely

Maybe, but I think...

I'm not sure about that because...

I see your point, but for me...

Reaching a Decision

So, which one should we choose?

I think we both agree on...

That sounds like the best option for us.

2 Look at the pictures and make up a story.



Useful Vocabulary

polluted air, learn about climate change, make eco-friendly choices, ride a bike instead of driving, reduce plastic waste, plant trees to help the environment, encourage others to take action, make a difference in the community

TEST

I. Choose the right options to complete the sentences.

- 1** Trees ★★★ n cities to reduce pollution.
A. should be planted B. must plant C. can't be planted D. should plant
- 2** Plastic bags ★★★ anymore. They harm the environment.
A. mustn't be used B. should be used C. could use D. mustn't use
- 3** Solar panels ★★★ be installed on the roof to save energy.
A. can B. mustn't C. shouldn't D. can't
- 4** People ★★★ n forests. It destroys habitats.
A. mustn't be cut down B. can be cut down C. shouldn't cut down D. shouldn't cut down
- 5** Plastic bottles ★★★ be reused or recycled.
A. can B. mustn't C. shouldn't D. can't
- 6** Global warming ★★★ any longer.
A. mustn't be ignored B. should ignore C. can be ignored D. can't ignore
- 7** More public transport ★★★ to reduce traffic pollution.
A. should be used B. mustn't be used C. can use D. mustn't use
- 8** We ★★★ clean drinking water for future use.
A. should be saved B. mustn't save C. can't be saved D. should save

II. Complete the sentences with the right words:

9

1. significant
2. renewable
3. devastating

- a. The earthquake had a ★★★ effect on the village.
- b. Wind and solar power are ★★★ sources of energy.
- c. Yusif has made ★★★ progress in English this month.

A. 1 - a, 2 - c, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - a, 3 - c

10

1. to prevent
2. to conserve
3. to reduce

- a. We should walk or ride a bike to ★★★ air pollution.
- b. We turn off the lights to ★★★ energy.
- c. The police closed the road to ★★★ accidents.

A. 1 - c, 2 - a, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - a, 3 - c

11

1. outcome
2. representative
3. race

- a. Our school sent one student as a(n) ★★★ to the meeting.
- b. The ★★★ of the game was a big surprise.
- c. He got a(n) ★★★ call and left the room quickly.

A. 1 - c, 2 - a, 3 - b B. 1 - b, 2 - c, 3 - a C. 1 - c, 2 - b, 3 - a D. 1 - b, 2 - a, 3 - c

III. Fill in the gaps with the correct active or passive forms of the verbs given in brackets.

representative

devastating

significant

outcome

prevent

urgent

conserve

renewable

Climate change is a(n) 1) ★★★ problem for the whole world, and Azerbaijan is also taking action to fight it. In recent years, the country has started many projects to use 2) ★★★ energy, like wind and solar power. These projects help to 3) ★★★ more pollution and reduce the use of oil and gas. The government understands that climate change can cause 4) ★★★ results, such as floods, droughts, and damage to the land. To stop this, Azerbaijan is working hard to 5) ★★★ natural resources like water, forests, and clean air.

One important 6) ★★★ of these efforts is better energy use in homes and buildings. People are learning how to save electricity and protect the environment in their daily lives. Schools also teach young people about climate change and how to help the planet.

A(n) 7) ★★★ from the Ministry of Ecology recently said that it is very 8) ★★★ to take action now, not later. Azerbaijan also works with other countries to share ideas and support international plans for a greener future.

Irregular verbs list

Infinitive	Past simple	Past participle
beat	beat	beaten
become	became	become
begin	began	begun
bend	bent	bent
bet	bet	bet
bite	bit	bitten
bleed	bled	bled
blow	blew	blown
break	broke	broken
bring	brought	brought
build	built	built
buy	bought	bought
catch	caught	caught
choose	chose	chosen
come	came	come
cost	cost	cost
cut	cut	cut
dig	dug	dug
do	did	done
draw	drew	drawn
drink	drank	drunk
drive	drove	driven
eat	ate	eaten
fall	fell	fallen
feed	fed	fed
feel	felt	felt
fight	fought	fought
find	found	found
fly	flew	flown
forget	forgot	forgotten
forgive	forgave	forgiven
freeze	froze	frozen
get	got	got
give	gave	given
go	went	gone
hang	hung	hung
have	had	had
hear	heard	heard
hide	hid	hidden
hit	hit	hit
hold	held	held
hurt	hurt	hurt
keep	kept	kept
know	knew	known
lay	laid	laid
lead	led	led
leave	left	left
lend	lent	lent
let	let	let
lie	lay	lain
light	lit	lit
lose	lost	lost

Infinitive	Past simple	Past participle
make	made	made
mean	meant	meant
meet	met	met
pay	paid	paid
put	put	put
quit	quit	quit
read	read	read
ride	rode	ridden
ring	rang	rung
rise	rose	risen
run	ran	run
say	said	said
see	saw	seen
sell	sold	sold
send	sent	sent
set	set	set
shake	shook	shaken
shine	shone	shone
shoot	shot	shot
shrink	shrank	shrunk
shut	shut	shut
sing	sang	sung
sink	sank	sunk
sit	sat	sat
sleep	slept	slept
slide	slid	slid
speak	spoke	spoken
spend	spent	spent
spit	spat	spat
spread	spread	spread
stand	stood	stood
steal	stole	stolen
stick	stuck	stuck
sting	stung	stung
strike	struck	struck
swear	swore	sworn
sweep	swept	swept
swim	swam	swum
take	took	taken
teach	taught	taught
tear	tore	torn
tell	told	told
think	thought	thought
throw	threw	thrown
understand	understood	understood
wake	woke	woken
wear	wore	worn
win	won	won
wind	wound	wound
write	wrote	written

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Lesson 1

Adjectives vs. Adverbs

An adjective describes a noun. An adverb describes a verb (phrase), an adjective, or another adverb.



Examples

- a) The **happy** children were having a great time.
b) The children were running around **happily**.

Explanation

Happy (a) is an adjective. It describes a noun – in this case, *children*.

Happily (b) is an adverb of manner. It tells you how children were running around. We form most adverbs of manner by putting **-ly** at the end of an adjective.

Samir remembered it all **well**.

The adverb for **good** is **well**.

He saw the **incredibly beautiful** Natavan Spring.

An adverb can come before an adjective.

He has a **fast** car. (adjective)
The car goes **fast**. (adverb)

Some adjectives and adverbs have the same form: **hard**, **fast**, **early**, and **late**.

Nearby, workers were working **hard** to restore the mosque.

Hard and **hardly** are both adverbs, but they have completely different meanings.

There was **hardly** any crime in the city.

She worked **hard** means she put a lot of effort into the work.

Hardly means “very little” or “almost no.”

He **felt nervous** when he was walking in the streets.

We use an adjective, not an adverb, after the following verbs if we are describing the subject: **small**, **sound**, **taste**, **look**, **seem**, **appear**, and **feel**.

The children **seemed happy**.

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Lesson 2

Inspiring Women

some/any/ no one/thing/body/where



Prefix and type of sentence	(People) -body / -one	(Things)-thing	(Places)-where
some- +	somebody someone	something	somewhere
any- - ? +	anybody anyone	anything	anywhere
no- +	nobody no one	nothing	nowhere
every- + - ?	everybody everyone	everything	everywhere

Notes:

- Use somewhere for an unknown place.
- Use nobody or no one for the absence of people.
- Use nowhere for the absence of a place.
- Use anybody in questions to mean "any person."
- Use anything in positive sentences when we mean there are no limits on what is possible or needed.

Examples:

- + **Someone** in our class gave a speech about Hokuma Aliyeva and her bravery.
- ? Has **anybody** read a book about Marie Curie's life?
- I don't know **anyone** as smart as she is.
- **No one** could stop her from achieving her goals.
- + **Everybody** knows her name because she helped a lot of people.
- + She wanted to do **something** important to help women get an education.
- + These women proved that you can do **anything** if you work hard.
- Did you say **anything** interesting about her life?
- + **Nothing** stopped her from following her dreams.
- + Oprah Winfrey gave **everything** to build a better future for herself and others.
- + **Somewhere** in the world, a girl dreams of becoming a scientist like Marie Curie.
- We looked for him a lot but didn't find him **anywhere**.
- + At first, there was **nowhere** for her to study, but she didn't give up.
- + Today, you can find inspiring women **everywhere** — in politics, sports, science, and art.

Lesson 3

Smart Shopper



Relative clauses give us information about the person or thing mentioned. We usually use a relative pronoun or adverb to start a defining relative clause: **who**, **which**, **that**, **when**, **where** or **whose**.

who/that

We use **who** or **that** to talk about **people**.

Many people **who** actively journal prefer writing in the evening.

Many people **that** actively journal prefer writing in the evening.

which/that

We use **which** or **that** to talk about things. **that** is more common and a bit more informal.

He watched a program **which** helped him understand anxiety better.

He watched a program **that** helped him understand anxiety better.

Other pronouns

when refers to a time.

Spring is the season **when** I'm most active.

where refers to a place.

Our garden is a place **where** I can relax fully.

Note: where = in which

The diary **where** she writes her thoughts is her personal escape.

The diary **in which** she writes her thoughts is her personal escape.

whose refers to the person that something belongs to.

He's a relative **whose** opinions are valuable.

Omitting the relative pronoun

Sometimes we can leave out the relative pronoun. For example, we can usually leave out **who**, **which** or **that** if it is followed by a subject.

The diary [that] **you** gave me was very helpful.

(you = subject, can omit **that**)

We can't usually leave it out if it is followed by a verb.

The technique **that helped** me was easy to apply.

(helped = verb, can't omit **that**)

Never share your thoughts with people **who make** quick judgments of you.

(make = verb, can't omit **who**)

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Lesson 4

Distractions in our life



So + **be/ modal verb/ auxiliary verb** + **subject** mean 'in the same way', 'as well' or 'too'.

Example:

A: Social media **is** tempting.

B: **So are** video games. (= video games are also tempting.)

A: My brother listens to music when he studies.

B: **So does** my sister. (= my sister also listens to music when she studies.)

A: I **must** find ways to help with my FoMO.

B: **So must** I. (= I also must find ways to help with my FoMO.)

Neither/Nor + **be/modal verb/auxiliary verb** + subject mean 'also not'.

Example:

A: My classmates **aren't** listening to the teacher as they continuously check their social media accounts.

B: **Neither are** my classmates. (= My classmates aren't listening to the teacher either.)

A: I **can't** focus on my lessons if there is too much noise.

B: **Neither can** my sister. (= my sister can't focus on her lessons if there is too much noise.)

A: I **don't** like when people interrupt me while studying.

B: **Neither do** I. (= I don't like when people interrupt me while studying.)

Note: We also use **not ... either** when we want to give a negative meaning:

Example:

A: Social media **isn't** tempting for me. **Neither are** video games. (= video games aren't tempting either.)

Common mistake: Video games aren't also.

A: I **haven't** ever used my phone during the lessons.

B: I **haven't** **either**. (= **Neither have** I./ **Nor have** I.) **Common mistake:** I haven't also.

Lesson 5

Emotions in Balance



Either (one or the other)	Either A or B	Either bright colors or catchy slogans can make a product easy to remember
	Either + a singular noun	Either shop is a good option.
	Either of the + a plural noun	Either of the ads is effective.
	Either of + object pronoun	Either of them is effective
Neither (not one or the other)	Neither A nor B	He is neither a professional artist nor a therapist.
	Neither + a singular noun	Neither restaurant uses digital menus.
	Neither of the + a plural noun	Neither of the restaurants uses digital menus.
	Neither of + object pronoun	Neither of them uses digital menus.
Both (one and the other)	Both A and B	Both self-ordering kiosks and self checkout machines are effective tools.
	Both of + object pronoun	Both of them are effective tools.

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Lesson 6

Exploring the World

because/because of/so



Rules:	Structure	Example:
Use because to give a reason with a subject and verb.	main clause + because + subject + verb	I stayed at home because it was raining.
Use because of to give a reason with a noun or noun phrase.	main clause + because of + noun/noun phrase	The flight was delayed because of bad weather.
Use so to show a result of something.	Cause + so + result	It was raining, so we stayed at home.

Lesson 7

From Passion to Profession

Although/Despite



Rules:	Example:
Use "although" to show unexpected results or contrast. It is followed by a full clause (subject + verb).	Although she was tired , she continued working. Although it was raining , they went for a walk.
Use "despite" to show unexpected results or contrast, like "although", but it is followed by a noun, pronoun, or verb + ing — not a full sentence .	Despite her tiredness , she continued working. Despite being tired , she continued working.

Lesson 8

That’s unbelievable!

Passive in Simple Tenses

The Present Simple Passive

In most sentences, the subject carries out an action and the object receives it, or the result of it. In passive sentences, this is reversed: the subject receives the action.

Passive sentences take emphasis away from the agent (the person or thing doing the action), and put it on the action itself, or the person or thing receiving the action. In the present simple passive, the present simple verb becomes a past participle.

HOW TO FORM

SUBJECT	AM/IS/ARE	PAST PARTICIPLE	BY
Important stories	are	reported	by journalists

The passive is used when the agent is obvious, unknown, or unimportant. It is also useful when describing a process where the result of the action is important.

Examples	Explanation
Criminals are arrested every day in this town.	The speaker doesn’t mention the agent because the verb obviously refers to the police.
The city is not visited by many tourists.	Add not after am, is, are to form negative sentences.
Are criminals arrested every day in this town?	“Be” and the subject swap places to form questions.
The street cats are fed by the school children.	All passives use a form of “be” with a past participle. The agent (the thing doing the action) can be introduced with “by,” but the sentence would still make sense without it.

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The Past Simple Passive

English uses the passive voice in the past to stress the effect of an action that happened in the past, rather than the cause of that action.

More than 3,200 guests **attended** the opening ceremony. (Past Simple)

A bird **was arrested** in the Netherlands because of a shop robbery. (Past Simple Passive)

HOW TO FORM

SUBJECT	AM/IS/ARE	PAST PARTICIPLE	BY
The award	<i>was</i>	<i>given</i>	<i>by the President.</i>
The awards	<i>were</i>	<i>given</i>	<i>by the President.</i>

More examples:

The stolen car **was found** near the river.

Was the building **damaged** during the storm?

The award **was given** to a local hero.

Famous singers **were not invited** to the event.

Were the documents **signed** by the director?

Future Passive

English uses the passive voice in the future to stress the effect of an action that will happen in the future, rather than the cause of that action.

The Future Simple Passive is usually formed with "**will**".

Future Simple	Future Simple Passive
They will exhibit Congo's paintings at a London gallery.	Paintings by a chimpanzee called Congo will be exhibited at a London gallery.

HOW TO FORM

SUBJECT	WILL BE	PAST PARTICIPLE	BY
The photos	<i>will be</i>	<i>taken</i>	<i>by a professional.</i>

More examples:

The criminal **will be arrested** soon.

The story **will not be shared** on the evening news.

Will the meeting **be held** next Monday?

Important changes **will be made** to the school rules.

The photos **will not be displayed** in the gallery.

Lesson 9

Climate Action

The passive with modals

Modal verbs in English can be used in passive forms. As with other passive constructions, the emphasis changes to the object that receives the action.

Modals in passive forms don't change. The sentence starts with the modal, then the verb "be" plus the past participle.

HOW TO FORM

SUBJECT	AM/IS/ARE	PAST PARTICIPLE	BY
Important stories	<i>are</i>	<i>reported</i>	<i>by journalists.</i>

More examples:

Lights **should be turned off** when they are not needed.

Less water **must be used** to protect the environment.

Public transport **can be used** instead of private cars.

More bike lanes **should be built** in big cities.

Plastic bags **should not be used** in supermarkets.

Should more trees **be planted** in cities?

Renewable energy **must be used** more in the future.

Trees **must not be cut down** anymore.

Can air pollution **be reduced** by cycling more?

The pollution problem **might be solved** with new technology.

Word list

Bittersweet memories

ache (v.) /eɪk/

amusement park (n.)
/ə'mju:z.mənt ,pɑ:k/

appointment (n.) /ə'pɔɪnt.mənt/

approach (v.) /ə'prəʊtʃ/

cheerfully (adv.) /'tʃɪə.fəl.i/
comfort (v.) /'kʌm.fət/

grab (v.) /græb/

incredibly (adv.) /ɪn'kred.ə.bli/

laughter (n.) /'lɑ:f.tə/
magical (adj.) /'mædʒ.ɪ.kəl/

memory (n.) /'mem.əri/
monument (n.) /'mɒn.jə.mənt/

mosque (n.) /mɒsk/
pearl (n.)

prominent (adj.) /'prɒm.ɪ.nənt/
repair (v.) /rɪ'peə/

restore (v.) /rɪ'stɔ:ʃ/

roof (n.) /ru:f/
ruin (n.) /'ru:ɪn/
scenery (n.) /'si:.nəri/

scream (v.) /skri:m/

show sth off (phr.v.)

take a deep breath (phr.)
/teɪk ə di:p breθ/

to have a continuous pain that is unpleasant but not very strong

a large permanent area for public entertainment, with entertaining activities and big machines to ride on or play games on, restaurants, etc., sometimes all connected with a single subject

a formal arrangement to meet or visit someone at a particular time and place

to come near to somebody/something in distance or time

in a happy and a positive way

to make someone feel better when they are sad or worried

to take or hold somebody/something with your hand suddenly or roughly

used for saying that something is very difficult to believe

the act or sound of laughing

used for describing something with a special and exciting quality

something that you remember from the past

a building, column, statue, etc. built to remind people of a famous person or event

a building for Islamic religious activities

important and well-known

to put something that is damaged, broken or not working correctly, back into good condition or make it work again

to repair a building, work of art, piece of furniture, etc. so that it looks as good as it did originally

the covering that forms the top of a building

something that is broken or has fallen apart

the natural features of an area, such as mountains, valleys, rivers and forests, when you are thinking about them being attractive to look at

to give a loud, high shout, because you are hurt, frightened, excited, etc.

to show something or someone you are proud of to other people, so that they will admire it, him, or her

to breathe in deeply, usually to feel calm or get ready for something

tightly (adv.) /'taɪt.li/
welcome (v.) /'wel.kəm/

whisper (v.) /'wɪs.pə/

firmly or closely
to meet and speak to someone in a friendly way
when they arrive
to speak very quietly to somebody so that other
people cannot hear what you are saying

Inspiring women

ambassador (n.) /æm'bæs.ə.də/

announce (v.) /ə'naʊns/
appointment (n.) /ə'pɔɪnt.mənt/

aviation (n.) /,eɪ.vi'eɪ.ʃən/

break through something (phr.)
/breɪk θruː sm.θɪŋ/

challenging (adj.) /'tʃæl.ɪn.dʒɪŋ/

contributions (n.) /,kɒn.trɪ'bjuː.ʃən/

courageous (adj.) /kə'reɪ.dʒəs/
declare (v.) /dɪ'kleə/

dedication (n.) /,ded.ɪ'keɪ.ʃən/

equipment (n.) /ɪ'kwɪp.mənt/

ethics (n.) /'eθ.ɪks/
face (v) /feɪs/

found (v.) /faʊnd/
lost (adj.) /lɒst/

give up (phr.v.) /gɪv ʌp/

honorary (adj.) /'ɒn.ər.ə.ri/

humanitarian (adj.)
/hjuː'mæn.ɪ'teə.ri.ən/

inspire (v.) /ɪn'spaɪə/

a person who represents, speaks for, or advertises
a particular organization, group of people,
activity, or brand (= type of product)
to announce something clearly and officially
the act of officially choosing someone for a job,
or the job itself
the activity of flying aircraft, or of designing,
producing, and maintaining them
to force yourself through something that is
holding you back

difficult, in a way that tests your ability or
determination

something that you contribute or do to help
produce or achieve something together with
other people, or to help make something
successful

not afraid to do difficult or dangerous things
to announce something clearly, firmly, publicly,
or officially:

the willingness to give a lot of time and energy to
something because it is important:

the set of necessary tools, clothing, etc. for a
particular purpose

the study of what is morally right and what is not
If you face a problem, or a problem faces you,
you have to deal with it

to bring something into existence

not knowing where you are and how to get to a
place

to stop trying to do something because it is too
difficult

given as a reward, without qualifying in a
standard way

(a person who is) involved in or connected with
improving people's lives and reducing suffering

to make someone want to do something or feel
excited

Word list

land (v.) /lənd/

military (adj.) /'mɪl.ɪ.təri/

overcome obstacles (collocation)

/,əʊ.və'kʌm 'ɒb.stə.kəl/

persistent (adj.) /pə'sɪs.tənt/

philanthropist (n.) /fɪ'læn.θrə.pɪst/

preserve (v.) /prɪ'zɜ:v/

promote (v.) /prə'məʊt/

remain (v.) /rɪ'meɪn/

represent (v.) /,rep.rɪ'zent/

to (cause to) arrive on the ground or other surface after moving down through the air
relating to or belonging to the armed forces:

to solve problems

continuing to do something even when it's hard
a person who helps the poor, especially by giving them money

to keep something as it is, especially in order to prevent it from being damaged or destroyed
to encourage or support something, or to help something become successful

to continue to be in the same place or condition
to speak, act, or be present officially for another person or people

Distractions in our life

annoying (adj.) /ə'nɔɪ.ɪŋ/

apply (v.) /ə'plai/

avoid (v.) /ə'vɔɪd/

background noise (n.)

be attached to something (phr.)

/bi ə'tætʃt tə sʌm.θɪŋ/

concentrate (v.) /'kɒn.sən.treɪt/

condition (n.) /kən'dɪʃ.ən/

constantly (adv.) /'kɒn.stənt.li/

continuously (adv.) /kən'tɪn.ju.əs.li/

deadline (n.) /'ded.laɪn/

delegate (v.) /'del.ɪ.gət/

device (n.) /dɪ'vaɪs/

distract (v.) /dɪ'strækt/

gradually (adv.) /'grædʒ.u.ə.li/

interrupt (v.) /,ɪn.tə'rʌpt/

interval (n.) /'ɪn.tə.vəl/

notification (n.)

keep up with something (phr.)

/ki:p ʌp wɪð sʌm.θɪŋ/

making you feel slightly angry

to make use of something or use it for a practical purpose

to stay away from someone or something
sounds that can be heard behind other sounds that are louder

to like something very much

to direct your attention or your efforts towards a particular activity, subject, or problem

an arrangement that must exist before something else can happen

all the time or often

without a pause or interruption

a time or date by which something must be done.

to give a particular job to someone else

an object or machine that has been invented for a particular purpose

to take someone's attention away from what that person is doing

slowly over a period of time or a distance

to stop someone from speaking by saying or doing something, or to cause an activity or event

to stop for a short period of time

a period between two events or times, or the space between two points

to learn about or be aware of the news, current events, etc.

limit (v.) /'lɪm.ɪt/	to control something so that it is not greater than a particular amount, number or level
miss something out (phr.) /mɪs sʌm.θɪŋ aʊt/	to fail to use an opportunity to enjoy or get an advantage from something
multitask (v.) /,mʌl.tɪ'tɑːsk/ reel (n.) /riːl/	to do more than one thing at a time a name for a short video posted on social media website
reward (n.) /rɪ'wɔːd/	a thing that you get in exchange for good behaviour or good work, etc.
take a nap (phr.) /teɪk ə næp/ tempting (adj.) /'temp.tɪŋ/ urgent (adj.) /'ɜː.dʒənt/	take a short sleep, especially during the day If something is tempting, you want to do or have it. very important

Smart shopper

advertisement (n.) /əd'vɜː.tɪs.mənt/	a picture, sign, etc. that is used to make a product or service known and persuade
people to buy it bond (n.) /bɒnd/ catchy (adj.) /'kætʃ.i/ remember cause (n.) /kɔːz/	a close connection joining two or more people (especially of a tune or song) pleasing and easy to a socially valuable principle that is strongly supported by some people
consumer (n.) costly (adv.) /'kɒst.li/ defend (v.) /dɪ'fend/	a person who buys goods or services for their own use expensive, especially too expensive to protect someone or something against attack or criticism
discount (n.) engaging (adj.) /ɪn'geɪ.dʒɪŋ/ evoke (v.) /ɪ'vəʊk/	reduction in the price of something pleasant, attractive, and charming to make someone remember something or feel an emotion
fake (adj.) /feɪk/ immediately (adv.) /ɪ'miː.di.ət.li/ influence (v.) /'ɪn.flu.əns/	not real, but made to look or seem real now or without waiting or thinking to affect or change how someone or something develops, behaves, or thinks
instruction manual (n.) /ɪn'strʌk.ʃən 'mæn.ju.əl/	a book that gives you practical instructions on how to do something or how to use something, such as a machine
limited edition (n.) /,lɪm.ɪ.tɪd ɪ'dɪʃ.ən/	products that have a slightly different style to the usual kind and only a small quantity of which are produced
loaf (n.) /ləʊf/	bread that is shaped and baked in a single piece and can be sliced for eating

Word list

persuade (v.) /pə'sweɪd/	to make somebody do something by giving them good reasons for doing it
pride (n.) /praɪd/	a feeling of pleasure and satisfaction that you get because you or people connected with you have done or got something good
purchase (n.) /'pɜːtʃəs/	the act of buying something
reasonable (adj.) /'riːzən.ə.bəl/	not too expensive
release (v.) /rɪ'liːs/	to make a product available for the public to buy
resist (v.) /rɪ'zɪst/	to stop yourself from doing something that you want to do
self-checkout /self'tʃek.aʊt/	the system of customers in a store using a machine to add up the prices and pay for goods they have bought, or the machine that does this
slice (v.) /slaɪs/	to cut something into thin, flat pieces
slogans (n.) /'sləʊ.gən/	a short easily remembered phrase, especially one used to advertise an idea or a product
stock (n.) /stɒk/	the total amount of goods or the amount of a particular type of goods available in a shop
supplies (n.) /sə'plaɪz/	food or other things necessary for living
swipe (v.) /swaɪp/	to move a card containing information stored on a magnetic strip through a device that reads this information
target audience /'tɑːɡɪt ɔː.di.əns/	the particular group of people to which an advertisement, a product, a website or a television or radio programme is directed:
tricky (adj.) /'trɪk.i/	likely to deceive people
urgency (n.) /'ɜː.dʒən.si/	the quality of being very important and needing attention immediately
warn (v.) /wɔːn/	to make someone aware of a possible danger or problem so that it can be avoided
wisely (adv.) /'waɪz.li/	in a way that shows you have a lot of experience and knowledge
worldwide (adj.) /,wɜːld'waɪd/	existing or happening in all parts of the world

Emotions in Balance

achievement (n.) /ə'tʃiːv.mənt/	something very good and difficult that you have succeeded in doing
attend (v.) /ə'tend/	to go to a event, place, etc.
be worth it (adj.)	to be enjoyable enough or to produce enough advantages to make the necessary effort, risk, pain, etc.
clay (n.) /kleɪ/	seem acceptable
consistency (n.) /kən'sɪs.tən.si/	thick, heavy earth that is soft when wet, and hard when dry or baked
	the state or condition of always happening or behaving in the same way

convenient (adj.) /kən'vi:.ni.ənt/	suitable for your purposes and needs and causing the least difficulty
deal with something (phr.v.) /di:l wið sʌm.θɪŋ/	to take action in order to achieve something or in order to solve a problem
flow (v.) /fləʊ/ forgive (v.) /fə'gɪv/	to continue to arrive or be produced to stop blaming or being angry with someone for something that person has done, or not punish them for something
growth (n.) /grəʊθ/ handle (v.) /'hæn.dəl/ heal /hi:l/	an increase in the size or the importance of something to deal with, have responsibility for, or be in charge of If a bad situation or painful emotion heals, it ends or improves, and if something heals it, it makes it end or improve
improve (v.) /ɪm'pru:v/ inviting (adj.) /ɪn'vaɪ.tɪŋ/ judgement (n.) /'dʒʌdʒmənt/	to (cause something to) get better attractive a decision that you make, or an opinion that you have, after considering all the facts in a situation
pattern (n.) /'pæt.ən/	any regularly repeated arrangement, especially a design made from repeated lines, shapes, or colours on a surface
personal (adj.) /'pɜ:.sən.əl/ private (adj.) /'praɪ.vət/ productivity (n.) /ˌprɒd.ʌk'tɪv.ə.ti/	private or relating to someone's private life only for one person or group and not for everyone the rate at which a person, company, or country does useful work
reflect (v.) /rɪ'flekt/ regularly (adv.) /'reg.jə.lə.li/ sculpt (v.) /skʌlpt/	to think carefully and deeply about something often to make figures or objects by shaping wood, stone, clay, metal, etc.
sculpture (n.) /'skʌlp.tʃər/	the art of forming solid objects that represent a thing, person, idea, etc. out of a material such as wood, clay, metal, or stone, or an object made in this way
self-awareness (n.) /ˌself.ə'weə.nəs/ strengthen (v.) /'streŋ.θən/	knowledge and understanding of your own character
struggle (v.) /'strʌɡ.əl/	to make something stronger or more effective, or to become stronger or more effective to experience difficulty and make a very great effort in order to do something
therapist (n.) /'θer.ə.pɪst/	someone whose job is to treat a particular type of mental or physical illness or disability, usually with a particular type of therapy
tool (n.) /tu:l/	a piece of equipment that you use with your hands to make or repair something
tough (adj.) /tʌf/	difficult to do or to deal with

Word list

track (v.)	to follow the progress or development of somebody/ something
workspace (n.) /'wɜ:k.speɪs/	the office, desk, etc. where someone works

Exploring the world

barefoot (adj.) /'beə.fʊt/	not wearing anything on your feet
bucket list /'bʌk.ɪt ,lɪst/	a list of the things that a person would like to do or achieve before they die
eco-friendly (adj.) /'i:.kəʊ ,frend.li/	not harmful to the environment, or trying to help the environment
ecolodge (n.) /'i:.kəʊ ,lɒdʒ/	a place for people to stay on holiday that is designed not to harm the natural environment
highway (n.) /'haɪ.weɪ/	a main road for travelling long distances, especially one that joins cities or towns
off the beaten track /ɒf ðə 'bi:tən træk/	in a place where few people go, far from any main roads and towns
off-season (n.) /'ɒf.si:.zən/	a period of the year when there is less activity in business
organic (adj.)	(of food, farming methods, etc.) produced without using artificial chemicals
outfit (n.) /'aʊt.fɪt/	a set of clothes that you wear together, usually for a special time or purpose
rainwater harvesting (n.) / 'reɪn,wɔ:tə 'hɑ:vɪst.ɪŋ/	the process of collecting and storing rainwater for future use
respect (v.) /rɪ'spekt/	to feel or show admiration for someone or something that you believe has good ideas or qualities
skip (v.) /skɪp/	to leave one thing or place, especially quickly, in order to go to another
trekking (n.) /'trek.ɪŋ/	the activity of walking long distances on foot for pleasure
zero-waste / ,zɪə.rəʊ 'weɪst/	a situation in which no waste material is produced

From Passion to Profession

brief (n.) /bri:f/	short in time, not long
budget (n.) /'bʌdʒ.ɪt/	a plan for how to spend money, showing how much you can spend and save
cost of living (n.) / ,kɒst əv 'lɪv.ɪŋ/	the amount of money needed to buy the things you need
expense (n.) /ɪk'spens/	the use of money, time, or effort
flight attendant (n.) /'flaɪt ə ,ten.dənt/	someone who serves passengers on an aircraft
outgoing (adj.) / ,aʊt'gəʊ.ɪŋ/	friendly and happy to meet and talk to new people

passion (n.) /'pæʃ.ən/	a strong feeling of love or excitement for something
path (n.) /pɑːθ/	a way or road to follow to go somewhere
potential (n.) /pə'ten.ʃəl/	possible when the necessary conditions exist
priority (n.) /praɪ'brɪ.ti/	something that is more important and needs to be done first
rewarding (adj.) /rɪ'wɔː.dɪŋ/	giving you a lot of happiness or satisfaction, especially from hard work
values (n.) /'væl.juːz/	the beliefs people have, especially about what is right and wrong and what is most important in life, that control their behaviour:
well-paid /,wel 'peɪd/	earning or paying a lot of money

That's unbelievable

accidentally (adv.) /,æk.sɪ'den.təl.i/	by chance or by mistake
adoption (n.) /ə'dɒp.ʃən/	
arrest (v.) /ə'rest/	when the police take someone away because they believe the person has done something illegal
artificial (adj.) /,ɑː.tɪ'fɪ.əl/	made by people, often as a copy of something natural
assume (v.) /ə'sjuːm/	to think or accept that something is true but without having proof of it
cage (n.) /keɪdʒ/	a space surrounded on all sides by bars or wire, in which animals or birds are kept
capture someone's heart /'kæp.tʃər sʌm.wʌnz hɑːt/	to make someone love you
construction (n.) /kən'strʌk.ʃən/	the work of building or making something, especially buildings, bridges, etc.
disappearance (n.) /,dɪs.ə'piə.rəns/	the fact of someone or something go somewhere where they cannot be seen or found
guilty (adj.) /'gɪl.ti/	If you feel guilty, you feel that you have done something wrong.
incredible (adj.) /ɪn'kred.ə.bəl/	impossible, or very difficult, to believe
inspiration (n.) /,ɪn.spɪ'reɪ.ʃən/	someone or something that gives you ideas for doing something:
luxurious (adj.) /lʌg'ʒʊəri.əs/	very comfortable and expensive
purchase (v.) /'pɜː.tʃəs/	to buy something
race (n.) /reɪs/	a competition to see who is the fastest, like running or driving
related /rɪ'leɪ.tɪd/	connected
rescue shelter /'res.kjuː 'ʃel.tər/	
robbery (n.) /'rɒb.ər.i/	the act of stealing from a person or place
safety (n.) /'seɪf.ti/	a state in which or a place where you are safe and not in danger or at risk
scan (v.) /skæn/	a medical examination in which an image of the inside of the body is made using a special machine

Word list

unbelievable (adj.)
/ˌʌn.biˈliː.və.bəl/

extremely surprising

Climate Action

add up /æd ʌp/
conserve (v.) /kənˈsɜːv/
cut down (phr.v.) /kʌt daʊn/

to increase gradually until there is a large amount
to keep something safe or protect it from damage
to make a tree or other plant fall to the ground by
cutting it near the bottom
very bad or damaging, often causing a lot of harm or
sadness

emission (n.) /iˈmɪʃ.ən/
fossil fuel (n.) /ˈfɒs.əl ˈfjʊəl/

an amount of gas, heat, light, etc. that is sent out
fuels, such as gas, coal, and oil, that were formed
underground from plant and animal remains millions
of years ago

greenhouse gases (n.)
/ˌɡriːn.haʊs ˈɡæs/

a gas that causes the greenhouse effect, especially
carbon dioxide

habitat (n.) /ˈhæb.ɪ.tæt/

the natural environment in which an animal or plant
usually lives

outcome (n.) /ˈaʊt.kʌm/
prevent (v.) /prɪˈvent/

the result or effect of an action, event, or situation
to stop something from happening or someone from
doing something

renewable (adj.) /rɪˈnjuː.ə.bəl/
representative (adj.)

something that can be used again
a person who speaks or acts for a group of people or
an organisation

run out (phr.v.) /rʌn aʊt/

If a supply of something runs out, all of it has been
used or it is completely finished

significant (adj.) /sɪɡˈnɪf.ɪ.kənt/
solar (adj.) /ˈsəʊ.lər/

important or having a big effect
of or from the sun, or using the energy from the sun to
produce electric power

species (n.) /ˈspiː.ʃiːz/

a set of animals or plants in which the members have
similar characteristics to each other

sustainable (adj.)
/səˈsteɪ.nə.bəl/

causing, or made in a way that causes, little or no
damage to the environment and therefore able to
continue for a long time

unplug (v.) /ʌnˈplʌɡ/
urgent (adj.) /ˈɜː.dʒənt/

to remove a plug for an electrical device from a socket
something that needs to be done immediately

Tracks

Track 1

1. memory
2. ruin
3. to approach
4. to whisper
5. to welcome
6. to take a deep breath
7. to restore
8. prominent

Track 2

Speaker 1: Everyone in Azerbaijan remembers Heydar Aliyev because he was a great leader for the country. He worked hard to make Azerbaijan stronger and more independent.

Speaker 2: Good afternoon, everyone! We are so happy to see you here today. Please make yourselves comfortable.

Speaker 3: We are repairing the old walls and fixing the roof. This building will look beautiful again once we're finished.

Speaker 4: Don't tell anyone, but something exciting will happen tomorrow.

Track 3

Speaker 1: I remember the days I spent at my grandmother's house. She would always bake cookies, and we would cheerfully eat them together in the garden.

Speaker 2: I used to play football with my friends in the park. We would excitedly run around and chase the ball every afternoon after school.

Speaker 3: I often visited the library as a child. I quietly sat in the corner, curiously reading books about magical worlds and dreaming of adventures.

Speaker 4: I remember my first trip to the beach. I was so young, and I nervously stepped into the water, but soon I was bravely jumping over the waves.

Speaker 5: My dad patiently taught me

how to ride a bike. At first, it was really hard, but I quickly learned and rode my bike around the neighbourhood.

Speaker 6: I used to build models of cars and planes carefully. I proudly displayed them on my shelf, showing them off to my friends when they visited.

Track 4

I was playing outside when I fell. Suddenly, I felt a lot of pain and started screaming. My grandmother quickly ran to me. I couldn't stand up or walk. She was only 1.52 meters tall and very light, but she still picked me up and carried me into her house. I was six years old and much bigger than her. Everyone in the family was surprised. But she just smiled and said, "I would never let my boy be in pain." I lost her 5 years ago, and I really miss her. When I was about six or seven, my parents took me to an amusement park. It was a tradition we often had in summer. We rode the carousel, ate cotton candy and had a great time. Before we left the park, my dad bought me a balloon. On the way home, I played with it in the car. The windows were open because the air-conditioning wasn't working, and the balloon flew out of my hands and disappeared. I cried, and my parents tried to comfort me. I'll never forget that moment.

When I was about 4 years old, my family took me to the beach on a hot summer day. We were sitting on a blanket, enjoying the sun and eating snacks. My mom had a cup of hot tea next to her, and I was curious about it. I reached out and put my finger into the tea without thinking. It was so hot that I immediately screamed and pulled my finger back. My mom quickly grabbed me and looked at my finger. It was red and hurting. After that, I was always careful around hot drinks. I'll never forget that moment as it left me with a strong fear of hot tea.

Tracks

Track 5

1. challenging
2. courageous
3. persistent
4. to inspire
5. to give up
6. to declare
7. to remain
8. to overcome obstacles

Track 6

Speaker 1: During the race, I kept running even when I felt like stopping. Every part of my body was hurting, but I knew I had to finish what I started.

Speaker 2: I try to remind my team that no matter how hard things get, they need to keep going. When I was facing hard times, I found that staying positive helped me move forward.

Speaker 3: There was a time when I worked on a project that seemed impossible to finish. It felt like everything went wrong, and I faced many problems. But in the end, I learned a lot from the experience and became stronger.

Speaker 4: That day, I smelled smoke and saw a fire near our house. I noticed our neighbour's dog was still inside their burning house. Without thinking, I ran back, covered my face with my jacket, and broke through the smoke to save it.

Track 7

Speaker 1: I don't know anyone in this class yet, but I'd like to make friends.

Speaker 2: Nobody reminded me about the homework, so I completely forgot to do it.

Speaker 3: I can't find anything interesting to read in the library for our class project.

Speaker 4: Nobody invited me to join their group for the project, so I'll have to work alone.

Track 8

Good morning, everyone! Today, we are going to talk about Mehriban Aliyeva, an important leader in Azerbaijan. She is the First Vice President and First Lady of the country. She is also a doctor, cultural ambassador, and philanthropist. Her work in medicine, culture, and politics has helped many people.

Mehriban Aliyeva studied medicine at Azerbaijan Medical University. Later, she continued her studies in Moscow and became a doctor.

After her studies, she worked in medical research and focused on eye diseases. She also earned a Ph.D. in 2005, showing her deep interest in medicine and ethics. Mehriban Aliyeva also works hard to promote Azerbaijani culture. She founded the Azerbaijani Culture Friends Foundation in 1995 and started a magazine to introduce Azerbaijani traditions to the world.

In 2004, she founded the Heydar Aliyev Foundation, which helps in education, healthcare, and cultural projects. She also became active in politics and was appointed First Vice President in 2017.

Mehriban Aliyeva is a Goodwill Ambassador for UNESCO and ISESCO, supporting culture and education. She has received many awards, including Golden Heart International Award for her humanitarian work and Legion of Honour from France.

Mehriban Aliyeva is an inspiring woman because she helps people through healthcare, education, and charity. She works to preserve culture and represents Azerbaijan internationally. Her kindness, leadership, and dedication make her a great role model.

Thank you for listening! Does anyone have any questions?

Track 9

1. to be attached to something
2. reward
3. tempting
4. to distract
5. to miss out
6. to keep up with something
7. constantly
8. to interrupt

Track 10

Almost all students in my class used to be very attached to their mobile phones. This made me feel sad because they could not focus on their studies. I talked to them many times, but nothing changed. They kept checking their phones all the time, and it distracted them from learning. They wanted to keep up with what was happening on social media, but this took their attention away from lessons. Even worse, they stopped talking to their friends in real life and missed out on real communication.

I know that social media is tempting, but I promised myself to make it less attractive at least during the lesson. I first started "Tech-Free Adventure Days." I organised fun activities. The only condition was not to use the mobile phones. Students were not very happy at the beginning of the first day, but they gradually started enjoying the day. Surprisingly, they offered to organize the second day themselves. And believe me it was the most interesting trip I ever had with my students.

I also applied different methods in the classroom. I created a "Mystery Box Challenge." If students stayed off their phones for the whole lesson, they could choose a surprise from the box. Some rewards were a free homework pass, five minutes of karaoke, choosing the next class activity, or even acting as the teacher for a short time.

The students loved it! They became more focused, talked more with their classmates, and enjoyed lessons more. The classroom was full of energy, and learning became fun again!

Track 11

Mia: I was trying to finish my math homework yesterday, but I just couldn't focus.

Jake: Oh, Neither could I! What happened?

Mia: My neighbor was playing the piano for almost an hour! It was so loud.

Jake: And my mom was moving the furniture in the living room.

Mia: Oh, It was so annoying! Then, when it finally got quiet, I realized I was so hungry. I couldn't think at all.

Jake: So was I! I kept thinking about food instead of my homework.

Mia: I made a snack, but then I got sleepy after eating.

Jake: So did I! I thought, "Maybe I should take a nap first..."

Mia: Haha! We really need to find a way to stay focused. I think I should do my homework before dinner.

Jake: So should I!

Track 12

When we get distracted, our brain has to switch between tasks. This makes it harder to stay focused and can slow down our work. Scientists say that even a short distraction can take several minutes to recover from.

Distractions are everywhere, but with the right strategies, we can stay focused and be more productive.

Working or studying in a quiet place makes it easier to focus. If there is a lot of noise around you, try using headphones. If you like a little background noise try listening to soft music.

Tracks

Phones and social media can be very distracting when you need to focus. To avoid this, turn off notifications on your phone and computer. You can also use apps that block social media while you study. Instead of looking at your phone all the time, set specific times to check your messages.

A messy workspace can make it harder to concentrate. Keep only the things you need on your desk and remove anything that might distract you. A clean and organized space helps you work better and feel less stressed.

You might not believe it, but making a "To-Do List" can save your day. Writing down your tasks can help you stay organized and focused. A good way to manage your time is by using the "Pomodoro Technique"—work for 25 minutes, take a 5-minute break, and repeat. This method helps you stay fresh and avoid feeling too tired. Also, try to focus on one task at a time instead of doing many things at once.

Don't forget to stay motivated. It's easier to stay focused when you feel motivated. After finishing a task, reward yourself with a short break or something you enjoy. Setting deadlines can also help you stay on track and avoid procrastination. If you ever feel unmotivated, remind yourself why the task is important. Thinking about the result can help you keep going!

Track 13

1. to resist
2. to influence
3. consumer
4. to evoke
5. to persuade
6. bond
7. purchase
8. advertisement

Track 14

Mia: Alex, I went to the sports store near the school today, and they had a collection

of new sneakers! It was so tempting to buy a pair, but I'm trying to resist spending too much money right now.

Alex: That's a good idea! Sometimes we want things just because they look cool or they are on sale.

Mia: Well, not on sale, but the price is reasonable. I saw an advertisement for these limited-edition series last night, saying they are the most comfortable sneakers ever. But that is not what attracted me, they have a colour mix that I love so much. But do I really need another pair?

Alex: Colours, designs can be nice, but if you don't need a new pair of sneakers, you can wait. Ads always try to persuade people to buy things quickly. They make it seem like you'll miss out if you don't get them now.

Mia: I know! And they use famous athletes to influence people. Just because a basketball player wears them doesn't mean they'll make me run faster!

Alex: Yeah, one other trick is to evoke emotions.

Mia: I always buy my sneakers from the same brand. On my birthdays, they often give me a good discount code.

Alex: Yeah, that's how they build bonds with their customers. My advice to you is not to hurry before making a purchase.

Mia: Yeah, I think I'll wait and see if I still want them next week. To tell the truth, I am afraid I won't find my size till that time.

Track 15

Speaker 1: My name is Liam. I always check prices in different stores before buying anything. It helps me save money. I like shopping when there are big sales. I don't trust advertisements. They always try to make things look better than they really are.

Speaker 2: My name is Sophie. I enjoy looking for discounts before I buy anything. It saves me money! I love going to shopping malls because I can see many options in one place. But I never buy things without checking reviews first.

Speaker 3: My name is Jamal. Before shopping, I always watch reviews to make a smart choice. I don't wait for sales. If I need something, I buy it immediately. But I always compare prices before choosing a product.

Speaker 4: My name is Emma. I like shopping with my friends in big malls—it's fun and helpful! For me, sales are a waste of time, you cannot find necessary things on sales. I never wait for them. I don't trust advertisements. They make people buy things they don't need.

Track 16

Interviewer: Today we're talking to Clara Morris. She's 17 and volunteers for a global charity that uses technology to make donating easier and more interesting for people. Welcome, Clara!

Clara: Hi! Thank you. I'm happy to be here.

Interviewer: Can you tell us how these donation boards work?

Clara: Sure! It's very simple. You just swipe your credit card or your phone if you have a payment app on the board, and something happens on the screen immediately. It is not like a payment in the supermarket when you hear a sound and see the amount on the screen. Here you see how your money is helping to buy food for someone. For example, the board shows a loaf of bread. When you donate, the bread gets sliced. In a different example the board shows a classroom with empty desks. When someone donates, the desks start to fill with books and school supplies. It shows

that your donation is helping children get an education.

Interviewer: That's very creative! Why do you think these boards are better than traditional donation boxes?

Clara: They both can be found in busy places like shopping centres, airports, stations. This helps charities to reach as many people as possible. But there is one difference. With interactive boards people can see something happen right away. It makes them feel more connected to the cause. Even small donations can show how their actions make a difference.

Interviewer: Do you think this way of donating will grow?

Clara: Definitely! In the future, I think donating will be even more exciting — maybe through virtual reality, where you can explore the project you're helping, like seeing a school you supported or a forest growing from your donation. There might also be thank-you videos or apps that show how your donation is used. Making it more interactive will encourage more people to join in. When many people take part, we can make a big difference.

Track 17

1. private
2. to reflect
3. judgment
4. inviting
5. tough
6. to track
7. self-awareness
8. to heal

Track 18

Speaker 1: I like to write about my goals and the small steps I've taken toward them. Seeing my progress on paper motivates me and reminds me how far I've come. It's such a simple but powerful habit.

Tracks

Speaker 2: Sometimes, when I feel sad, I sit on my favourite bench in the park. It's a quiet, inviting place surrounded by trees and flowers. Spending time there makes me feel calmer and more positive about everything.

Speaker 3: For me, self-awareness is so important. When I understand why I feel a certain way, I can handle situations better. Being honest with myself has helped me grow and make better decisions in life.

Speaker 4: I've learned that you shouldn't share all your thoughts with others. Keeping a private diary helps me track my thoughts and feelings. It feels good to have a space that's just for me, without worrying about others' judgement.

Speaker 5: When life feels tough, I try small things to help me heal. Listening to music or reading a good book makes me feel calm. These simple habits don't fix everything, but they make it easier to handle hard days and feel better.

Track 19

Hi everyone! My name is Edigar. Welcome to our talk on feeling good emotionally. Today, we're going to explore simple ways to manage our feelings, especially when we're stressed.

Emotional well-being means feeling balanced and capable of managing everyday stress and challenges. We'll talk about some easy methods that experts recommend for keeping your mind healthy.

One effective technique is meditation which helps you feel calm inside. It is the time when you pause and clear your thoughts. Students whose daily routine is busy with a lot of schoolwork can benefit from meditation a lot.

Another way is journaling. When I first tried journaling, I wasn't sure it would help. But now, journaling is a part of my life. It really makes a difference. This habit

has made it easier for me to understand my feelings and handle stress.

Experts also recommend spending time with people who you love because it makes you feel happier. When you are happy you can solve your problems easily without being stressed.

We hope this talk helps you find ways to feel better every day.

Track 20

Speaker 1: My colleague Ricky organises art therapy sessions for teens in his free time. He is neither a professional artist nor a therapist, but his art sessions help teens manage stress. He says young people like group activities more as they also connect with each other. It's more than just making art; it's about sharing feelings and healing together.

Ricky decorated the wall in the office with his mandala drawings. He also added a short text about how colouring mandalas improves the brain's intellectual, artistic and problem-solving abilities. All these inspired me, and I recently started colouring mandalas as well. At first, it was just for fun, but I quickly noticed how it calmed me down. While colouring, I forget about everything else and focus on the present moment. It's like my mind gets a break from all the noise and stress as I fill in the detailed patterns with colour.

Now I am planning to attend his art therapy sessions to try different art therapies.

Speaker 2: For me working with clay is the best way to relax. When I sculpt, it feels like I'm putting my feelings into the clay. Every piece shows how I'm feeling and helps me understand my emotions better. I love trying out different styles and colours in my sculptures. I kept only my first work as a memory in my room. After finishing, I usually give them as gifts to friends and family. My teacher put 2

of my sculptures in the "Student Gallery Wall" in our classroom.

My family encourages me to sell my sculptures, but I think it is too early for it. Maybe in the future, I can earn money from my hobby.

For now, I work in our garage. To improve my garage workspace, I need to add some more lights. It is a bit darker here. I'm also thinking about buying a table at a comfortable height. When I work long hours, my back hurts. Well, extra tools would be great as well, but first I need to earn some money in order not to get all the money from my family.

Track 21

1. ecolodge
2. rainwater harvesting
3. organic
4. barefoot
5. to respect
6. off the beaten track
7. eco-friendly
8. outfit

Track 22

Speaker 1: I love nature and want to move somewhere quiet and natural. I'm tired of city life and dream of living in a small house in the mountains, far from the noise and crowds.

Speaker 2: Last year, I went to the Amazon and stayed in a special place. It was amazing! Everything was made from natural materials, and the food was cooked using solar energy. I enjoyed the peaceful atmosphere.

Speaker 3: I'm learning about ways to save water at home. I recently attended a workshop where they talked about collecting rainwater for gardening and washing. I want to set up a simple system in my backyard soon.

Speaker 4: I care a lot about my health and

the environment, so I buy only organic food. I also bring my own shopping bags and avoid plastic as much as I can.

Track 23

Speaker 1: We stayed at the hotel yesterday instead of going hiking. It rained a lot in the morning, and the weather wasn't good for outdoor activities.

Speaker 2: I wanted to travel to the mountains this weekend, but all the eco-lodges were full. I didn't book early enough, so I had to stay at home.

Speaker 3: We chose this hotel because it uses solar power. It's a great place for eco-friendly travellers.

Speaker 4: The beach was dirty and full of plastic bottles. Many tourists didn't clean up after themselves, so the area became polluted.

Speaker 5: We couldn't visit the national park because there was a fire in the forest. It was dangerous to go near that area.

Track 24

Hello everyone!

Today, we are going to talk about different types of tourism. Tourism means travelling for fun, to relax, or to learn something new. People travel for many reasons, and there are many ways to enjoy a trip. Let's look at some popular types of tourism one by one.

First, let's talk about Adventure Tourism. This type is perfect for people who want to avoid popular tourist places and enjoy exciting outdoor activities. These people love things like rock climbing or mountain biking. They don't like crowded places. In fact, the more remote the location is, the better they like it!

Next, we have Alphetourism. This is a fun and creative way to explore a town or city. People use a map to find the first and last streets. Then, they draw a line between

Tracks

them and follow this path. While walking, they stop to look at any interesting places they discover. It's a great way to see more than just the usual tourist spots.

Another interesting type is Experiential Tourism. This kind of tourism is for travellers who want to learn about the culture and traditions of a place. They do what local people do. For example, they might visit a festival, a local market, or try traditional food. This is a memorable way to see the real life of a place. It also helps them practise the language and meet local people.

Now, let's look at Screen Tourism. This happens when people love a film or TV series so much that they travel to places where it was filmed. For example, New Zealand is popular because of The Lord of the Rings. Fans go trekking in the beautiful parks where scenes were filmed. They also visit places like Hobbiton, the village from the movie.

To sum up, tourism today is more varied and exciting than ever before. People can choose from many types, depending on their interests. So, next time you travel, why not try something new?

Which type of tourist do you think you are?

Track 25

Tourist 1: I don't like big cities or busy tourist places. I love nature and exciting activities! Last summer, I went mountain biking in the countryside. It was quiet, beautiful, and lots of fun. I even tried rock climbing for the first time!

Tourist 2: When I visit a new city, I don't just follow a guidebook. I use a map and draw a line between the first and last street. Then I walk along that line and explore everything on the way. It's a fun way to find cool, hidden places!

Tourist 3: Last year, I went to the UK to visit places from my favorite series. I saw the castle from the show and took lots of pictures. It was so exciting to walk where

the actors walked!

Tourist 4: I like learning about local life when I travel. In Spain, I stayed with a local family, ate traditional food, and went to a small village festival. It was very different from my country. I felt like I was really part of the culture.

Track 26

1. passion
2. outgoing
3. priority
4. path
5. cost of living
6. brief
7. budget
8. rewarding

Track 27

Speaker 1: Living in the city has been a big change for me. At first, I was excited, but I quickly noticed that everything here is more expensive. Rent, groceries, even going out to eat – it's all much higher than where I lived before. I must be careful with how I spend my money, especially when I want to have fun or go out with friends."

Speaker 2: I've always loved working with animals. Ever since I was young, I knew this was what I wanted to do. When I'm helping animals, I feel really happy. It's not always easy, but when I see the difference I can make, it becomes so rewarding. It's a job that truly brings me joy."

Speaker 3: I consider myself a very social person. I love meeting new people, going to events, and just being around others. It's how I get energy for the day. I'm always planning my next get-together with friends. I feel like I need that to stay happy and energised.

Speaker 4: I'm really careful about how I spend my money. I keep track of everything I buy and make sure I don't spend too

much on things I don't need. When I plan my monthly expenses, I always make sure I leave room for important things, but I also try to have a little extra for some fun activities.

Track 28

Speaker 1: I'm a nurse. I work long shifts, and sometimes, it's very stressful.

Although my job is hard, I really love helping people.

Speaker 2: I'm a graphic designer. Although I spend many hours in front of a screen, I enjoy being creative. Despite the deadlines, I always try to do my best.

Speaker 3: I work as a teacher. Despite the noise in the classroom, I like working with children. Although I have to take work home sometimes, I feel happy when my students learn something new.

Speaker 4: I'm a chef. I work in a busy restaurant. Although the kitchen gets very hot, I enjoy cooking. Despite being tired at the end of the day, I feel proud when customers enjoy the food.

Speaker 5: I'm a taxi driver. Although the traffic is terrible sometimes, I enjoy meeting new people every day. Despite working long hours, I still have time to spend with my family in the evenings.

Track 29

Interviewer: Hello and welcome! Today, we have a special guest – Anna, a professional footballer who plays for her country's national women's team. She recently returned from an international match in Spain. Thank you for joining us, Anna!

Anna: Thank you for having me. I'm happy to be here and share my story.

Interviewer: Let's start from the beginning. Did you enjoy school when you were younger?

Anna: School was okay, but I often found the lessons slow and boring. I didn't like

sitting at a desk all day. I was always full of energy and wanted to move around and be active.

Interviewer: What did you like doing at school?

Anna: I loved playing football. Every break time, I ran outside with my friends and we played games on the school field. I was fast and strong, and I never gave up, even when we lost. I always wanted to get better.

Interviewer: When did football become more than just a game for you?

Anna: It became my passion when I was about 10 years old. I started training at a local football club in my town every evening after school. Even when it was cold, raining, or snowing, I still went to the field and practised my skills. It was hard work but very rewarding. I felt alive when I played.

Interviewer: That sounds amazing! What did your parents think about your dream?

Anna: At first, they didn't support it. They wanted me to be a doctor or a teacher – something more traditional. They thought football was a risky choice and worried about how I would earn money in the future.

Interviewer: And how did you feel about that?

Anna: It was hard. I felt sad and frustrated. But I didn't give up. I knew I wouldn't be happy in an office job or working in a hospital. I kept training and joined a girls' football team in the next city. I had to take the train there twice a week.

Interviewer: When did your dream start to come true?

Anna: When I was 18, I was chosen to play for my country in a youth international tournament. It was in Germany, and I still remember standing on the pitch, hearing the national anthem. That was a very special moment for me. I realised that my dream was possible.

Tracks

Interviewer: One last question – what advice do you have for young people with big dreams?

Anna: Believe in yourself. Don't let others stop you. If you work hard, stay strong, and stay focused on your goals, your dreams can come true.

Interviewer: Thank you, Anna. Your story is really inspiring!

Anna: Thank you. I hope it helps others, too.

Track 30

1. artificial
2. to assume
3. to purchase
4. race
5. robbery
6. to arrest
7. guilty
8. luxurious

Track 31

Speaker 1. I'm looking for something special for my friend because I want to make her happy. I want to find a gift that she will love and enjoy. Maybe I can choose something related to her hobbies or something she has wanted for a long time.

Speaker 2. I don't think my friend did it. He is a good person and would never do something wrong. Maybe there is a mistake.

Speaker 3. I saw a man take something from the store and run away. He was wearing a black jacket and a hat. It happened very fast, and I was shocked. Luckily, I learned that the police arrested that person.

Speaker 4. I can watch the Formula 1 cars from my hotel balcony. The view is amazing, and I can see the cars speeding by. It feels

so exciting to be here in such a nice place. This is the best way to enjoy the event!

Track 32

A new island was discovered in the Pacific Ocean last week! Scientists are surprised because it was not seen before. The fishermen were shocked when they saw land in the ocean.

The island was studied by experts yesterday. They say it was formed by an underwater volcano.

Next month, a research team will be sent to explore the island. They hope that new plants and animals will be found there. This discovery will be remembered as one of the most surprising events in history!

Track 33

Host: Good evening, and welcome to today's news. We have two incredible animal stories that will leave you amazed! A 4-year-old cat named Holly has shocked scientists and pet lovers alike. She walked over 320 kilometres to return to her family in Florida!

Holly disappeared in November while on a trip with her owners, Jacob and Bonnie Richter. The cat got scared by the fireworks and ran away. Her owners searched for weeks but couldn't find her.

Then, after two months, a woman in Florida found a weak cat near her home. The cat was very thin and hardly walked. She took the cat to a vet, who scanned a microchip and shared the unbelievable news—it was Holly!

Scientists still don't understand exactly how Holly found her way home.

Now, Holly is back with her family, safe and recovering from her long journey. Her amazing story has captured hearts across the country.

We have an amazing story about Abbie, a very special dog. She can surf!

Abbie can ride big waves—almost two meters high! People love watching her.

Abbie's story is incredible. She started life in a rescue shelter. Her owner, Michael, adopted her. One day, Michael took her to the beach. Suddenly, Abbie jumped onto a surfboard! She loved it! From that day, she started training to be a surfer.

And she became a champion! In 2016, Abbie won the first-ever World Dog Surfing Championship in California. She won again in 2017 and got a special award in 2018.

But Abbie is not just a great surfer—she is an inspiration! Her story shows that dogs can do amazing things. Her owner, Michael, says safety is very important. Dogs should learn to swim before trying to surf.

Host: That's all for today! Stay with us for more great stories!

Track 34

1. significant
2. to prevent
3. devastating
4. representative
5. renewable
6. urgent
7. outcome
8. to conserve

Track 35

Speaker 1: Living in a way that supports the planet means making choices that protect it from harm. Using clean power sources such as wind and solar can help. The goal is to make sure that future generations have the resources they need. These energy sources are important because they do not cause pollution and will not run out.

Speaker 2: Leaders from around the world met at COP29 to discuss how to fight climate change. This event helps countries work together to find solutions

to protect the planet. People are hopeful that this meeting will make a big difference in the fight against climate change.

Speaker 3: We're at a critical point right now. If we don't make decisions quickly, we may lose several animal species forever. I'm asking everyone here to take action immediately to protect these animals. We need your support before it's too late.

Speaker 4: After several months of study, I'm happy to share the results with you. The findings show that clean energy sources, like solar and wind, are effective and more affordable than we thought. This could change how we think about using alternative energy and help reduce the harm caused by traditional energy sources.

Track 36

Speaker 1: I think we use too many plastic bags at the supermarket. It's bad for the environment. They often end up in the ocean.

Speaker 2: This forest is home to many animals. If the natural environment is destroyed, they'll lose their homes.

Speaker 3: Our school is planning to use more clean energy. There's a big empty space on the roof, and it gets a lot of sun.

Speaker 4: The city is always full of cars. The air is polluted. I think fewer cars should be used.

Track 37

Emma: Hey Liam! I read a really useful article today about how to reduce our carbon footprint.

Liam: Oh yeah? What's a carbon footprint again?

Emma: It's the total amount of greenhouse gases we produce through things like driving, flying, eating, or shopping.

Liam: Ah, I see. So, what are some ways to reduce it?

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Emma: Well, to start with, we can use public transport more often. I try to take the train instead of driving. It really helps.

Liam: That's a good idea. I usually take the bus, but maybe I should ride my bike more when the weather's nice.

Emma: Definitely! At home, we can switch to LED light bulbs. They use much less energy than old ones.

Liam: I think we still have the regular ones. I should check.

Emma: Also, turning off lights and unplugging chargers when we're not using them saves a lot of energy.

Liam: I'm guilty of leaving things plugged in. I'll be more careful.

Emma: We should also try to avoid fast fashion. Buying fewer clothes, or choosing second-hand ones, really helps.

Liam: I've seen some cool second-hand shops around. And it saves money too.

Emma: Exactly! And if we travel, it's better to take trains instead of flying, especially for short trips. Flights create a lot of emissions.

Liam: Yeah, I didn't realise short flights were so bad for the environment.

Emma: They are. So if we choose trains or buses, it's much better. And we can also support green energy, like using solar panels if possible.

Liam: I think my parents are thinking about that. I'll tell them it's a great idea.

Emma: Small actions add up. If more people do these things, we can really help the planet.